

Flu Season— It's not too late to vaccinate!

Flu vaccination is available every year for children at risk of flu and its complications.

Flu can be unpleasant, but if you're otherwise healthy, you can recover from it on its own within a week.

But flu can be more severe in certain people, including anyone aged 65 and over, pregnant women,

children and adults with an underlying health condition (such as long-term heart or respiratory disease)

children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu such as pneumonia (a lung infection), so it is recommended that if you are in one of these groups to have a flu vaccine to protect yourself!

Studies have shown that the flu vaccine will help prevent you getting the flu. It will not stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free.

However, if you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been



What is KOOTH?



Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people age between 11 and 18 years old.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday and 6pm-10pm Saturday and Sunday
Log on through mobile, laptop and tablet.

www.kooth.com

We are looking to grow our Patient Participation Group (PPG) and Patient Reference Group (PRG)



The Orchard Medical Centre values the opinions and support of our patients. If you would like to work in Partnership with us to help shape patient services and links with our local community please ask reception for an Information pack or register at our website.

<https://www.orchardmedicalcentre.co.uk/online-requests/>

Our packs contains information:

- What is a Patient Participation Group (PPG)
- What is a Patient Reference Group (PRG)
- Registration form
- Frequently asked questions (FAQ's)

Once we have a number of interested patients we will hold an informal tea and coffee session, so you can find out more.

We look forward to seeing you soon.

Debbie
Practice Manager