



# Pembroke Post

Pembroke House Surgery, 266-268 Torquay Road, PAIGNTON — 01803 553558 — enquiries.pembrokehouse@nhs.net

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## Special Flu Edition

Who should have the flu vaccination?

Children

Long term medical conditions

Pregnant

Aged 65 & over

Carers

Unsure if you are eligible, please ask us!

Our Flu vaccines are delivered to us in batches throughout the flu season.

We have ordered enough vaccines for all of our eligible patients



Booking an appointment

Last year we offered walk in appointments for flu vaccinations which was extremely popular (especially on the first day!)

This year we are offering booked appointments instead. There are 2 different types of vaccine being given based on age, therefore booked appointments are a safer way of us managing this, along with keeping waiting times down.

**NO MORE QUEUES!**

From 13th August we have a dedicated team of people behind the scenes booking appointments

Simply dial our dedicated flu line **01803 841996** between 9am-5pm

or

Book your appointment online using patient access

<https://www.patientaccess.com>

It couldn't be easier!!

**St Pauls Church Hall  
Preston  
Paignton**

**ADULT  
WALK IN  
FLU CLINIC**

**Saturday 3rd  
November  
9am—12pm**

**NO appointment necessary**



**Which vaccine?** There are 2 types of flu vaccination this year.

**Trivalent** - recommended by Public Health England for anybody aged **65 or over**.

**Quadravalent** - recommended by Public Health England for eligible children and adults **under the age of 65**.

### WHEN BOOKING AN APPOINTMENT

**PLEASE MAKE SURE YOU BOOK INTO THE CORRECT CLINIC FOR YOUR AGE GROUP!**



## Childrens Flu Vaccine



The vaccine is given as a single spray squirted up each nostril. Not only is it needle-free (a big advantage for children) the nasal spray is quick and painless. It is absorbed very quickly and still works even if, after the vaccination, your child develops a runny nose, sneezes or blows their nose.



### Who is eligible to have the nasal vaccine at the surgery?

- ◆ Children aged 2 and 3 on 31st August 2018 (born between 1st September 2014—31st August 2016).
- ◆ Children aged 2 to 17 with long term health conditions such as diabetes.
- ◆ Children between the ages of 6 months and 2 years who are at high risk from flu are offered the annual flu injection.



We will be holding Children's flu clinics at the surgery, the dates of these are to be confirmed. These are usually from the end of September but we are currently waiting for confirmation on the vaccine delivery dates. Please contact reception nearer the time to book an appointment.



**All children will receive a party bag during the clinics for being so brave!**

Vaccinating children also protects others that are vulnerable to flu, such as babies, older people, pregnant women and people with serious long-term illnesses.

**CALL US**  
**01803**  
**841996**

**Support your GP Surgery**  
**Book your vaccine with us**  
**We're the only ones who have**  
**your full clinical record!**

**VIA**  
**PATIENT**  
**ACCESS**