

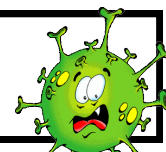


Pembroke Post

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

AUGUST 2020

Special Flu Edition



HIGH
DEMAND
EXPECTED

Flu vaccine appointments are available to book now!

Things will be slightly different this year due to the coronavirus pandemic. Clinics are being held at Parkhill Surgery, Torquay on weekday mornings and at St Pauls Church Hall, Preston, Paignton on various Saturdays.

ARRIVE ON
TIME

LIMITED
STOCK

Our clinics at Parkhill will take place in the morning when they will not coincide with other appointments and the appointments in Paignton will be at St Pauls Church Hall, away from the main surgery.

COME
ALONE
WHERE
POSSIBLE

BOOK
NOW

At both locations social distancing measures will be in place and staff will be wearing the appropriate PPE. There will be a one way queuing system in place (outside), with separate entrance and exit locations.

WEAR A
FACE
COVERING

DONT MISS
OUT!

We are expecting to do 60 vaccines per hour, therefore parking at Parkhill will be limited.

If driving please make use of the pay & display car parks nearby in Meadfoot Road, the Harbour or Marina. There are a number of bus stops nearby, bus route 64 stops in Parkhill Road close to the surgery. Alternatively Karing Voluntary Group provide transport at a reduced cost and can be contacted on 01803 524799

HAVE
YOUR ARM
OUT READY

No walk in clinics are taking place this year
All flu vaccines will be strictly by appointment only

Appointments can be booked online using Patient Access or the NHS App.
For patients without access to a computer, please contact us on our surgery telephone number choosing option 1.

**DO NOT ATTEND ANY APPOINTMENTS IF YOU HAVE SYMPTOMS OF CORONAVIRUS
OR ARE SELF ISOLATING**

Who is eligible? Book an appointment now if you are in one of the categories listed below:

- ◆ All patients ages 65 and over (inc those turning 65 by 31/3/21)
- ◆ Chronic respiratory diseases (Asthmatics only if taking inhaled or tablet steroid treatment, or has led to hospital admission in the past)
- ◆ Chronic heart disease
- ◆ Chronic kidney disease, stage 3, 4 or 5
- ◆ Chronic liver disease
- ◆ Chronic neurological disease
- ◆ A learning disability
- ◆ Diabetes
- ◆ Immunosuppression
- ◆ Asplenia or dysfunction of the spleen
- ◆ Being seriously overweight (a BMI of 40 or above)
- ◆ People in long-stay residential homes
- ◆ Pregnant women
- ◆ Carers

50-64 year olds will be contacted
later in the year. Please do not try
and book an appointment yet.



CHILD FLU VACCINE

We now have appointments available to book for the child 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.



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

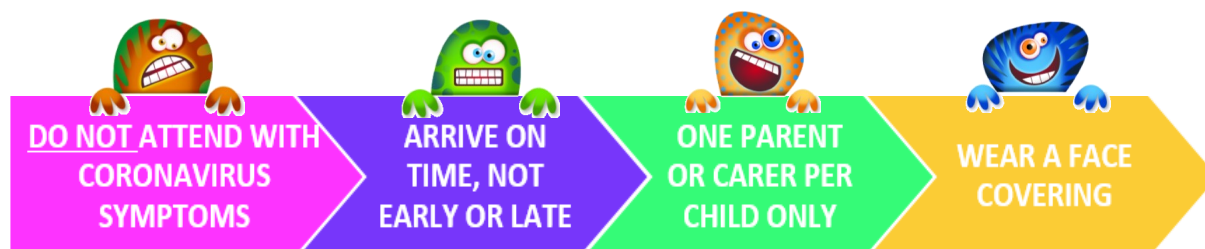


Who is eligible to have the FREE child flu vaccine at the surgery?

- ◆ Children aged 2 and 3 on 31st August 2020 - that is, children born between 1st September 2016—31st August 2018 (nasal vaccine)
- ◆ Children aged 2 to 17 with long term health conditions such as diabetes (nasal vaccine)
- ◆ Children between the ages of 6 months and 2 years with a long term condition (given by injection)

DON'T DELAY - BOOK YOUR CHILD FLU APPOINTMENT TODAY
CALL US ON 01803 553558 OR 01803 212489, CHOOSING OPTION 1

Our child flu clinics will be held at Pembroke House Surgery, Preston, Paignton and will take place on Saturdays during September and October on the second floor away from other appointments taking place that day.



DO NOT come to the surgery if you are experiencing coronavirus symptoms or are self isolating.
Room in the waiting area is limited so please do not arrive early for your appointment, and we ask that only one adult accompanies each child attending.



**Protect Yourself.
Protect Your Family.**