

**YOU CAN HAVE YOUR VACCINATION FREE ON THE NHS,
GIVEN BY THE ADAM PRACTICE IF YOU ARE:**

- Pregnant
- A Carer
- Over 65
- BMI of 40 or above
- You have any of the following conditions:
 - * Diabetes
 - * Heart Disease
 - * Kidney Disease
 - * Liver Disease
 - * COPD
 - * Asthma (on steroids)
 - * A condition which affects your immune system

**Quay Medical
Care Limited**



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Patient Information Leaflet QUAY MEDICAL CARE

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FLU VACCINATION SERVICE



WHO CAN RECEIVE THE FLU VACCINATION ON THE NHS?

If you suffer from certain medical conditions or are a carer, you can have your flu vaccination for free on the NHS.

To see if you are entitled to this free vaccination please speak to your surgery or check the notes on the back page of this leaflet.

If you do not fall into any of these categories, but are worried about contracting flu during the winter, either speak to your GP for advice or visit NHS Choices website - www.nhs.uk

If you still feel that you would like to have a flu vaccination after checking this information then you would have to pay for it privately.

Private Flu vaccinations can be sourced either via going to a pharmacy such as **Boots, Tesco, Asda or one of the local pharmacies**, or this can be supplied via **Quay Medical Care** at your surgery.

HOW DO I ARRANGE MY PRIVATE VACCINATION?

If you decide to have your vaccination at the surgery give them a call\visit and ask to book a private flu vaccination. The receptionist will book you an appointment with one of the nurses.

Please Note: we shall only start offering these private vaccines in December/January, or possibly later, once the majority of our eligible patients have been vaccinated.



WHAT HAPPENS NEXT?

When you arrive for your appointment you will be asked to pay, you will then be seen by the nurse and given the vaccination.

If you have not had a flu jab before we advise patients to wait in the surgery for 20 minutes afterwards to make sure that you do not have any reactions to the vaccine.

HOW MUCH WILL IT COST?

To have a private vaccination through **Quay Medical Care** is £10. This is payable in advance of your vaccination when you arrive at the surgery (cash or card).

WILL I GET ANY SYMPTOMS?

You cannot catch the flu from the vaccination however you may have some mild side effects such as headaches, fever, aching muscles, shivering and skin reaction where you were vaccinated. These are nothing to worry about and symptoms should disappear in a few days. If you experience symptoms such as numbness, tingling, inflammation and nerve pain or fits you should contact your surgery immediately.

VACCINATION AT AN ALTERNATIVE LOCATION

If you have decided to have your vaccine at an alternative location we would be grateful if you would let us know so that the details can be added to your medical record to keep it up-to-date.