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| **Flu Clinics will be held from 7th September 2018****At-risk groups**It is recommended that you have a flu jab if you:* are 65 years old or over
* are pregnant
* have a serious medical condition
* are living in a long-stay residential care home or other long-stay care facility (not including prisons, young offender institutions or university halls of residence)
* are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
* are a frontline health or social care worker
* are a health and care staff in the voluntary managed hospice sector that offer direct patient/client care

**People with medical conditions*** chronic (long-term) respiratory disease, such as severe asthma, COPD or bronchitis
* chronic heart disease, such as heart failure
* chronic kidney disease
* chronic liver disease, such as hepatitis
* chronic neurological disease, such as a stroke, TIA or post-polio syndrome
* asplenia / spleen dysfunction
* diabetes
* a weakened immune system due to conditions such as HIV, or treatments that suppress the immune system such as chemotherapy
* morbid obesity (BMI>≥40)
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