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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) | |