Press Release

For Immediate Release
Date: Wednesday 12 October 2011

East London and the City

Free seasonal flu jab for those most at risk

PR005011CH

As winter approaches people most at risk of developing serious complications from seasonal flu are being urged to take advantage of a free jab.

Seasonal flu is responsible for the deaths of around 8,000 people a year in England and Wales.

Those individuals offered the seasonal flu vaccine are:

- people aged 65 and over;
- pregnant women;
- adults and children from six months living with long term health conditions;
- everyone living in a residential or nursing home;
- everyone who cares for an older or disabled person;
- and all frontline health and social care workers.

Individuals living with long term health conditions are particularly vulnerable if they have: a serious respiratory disease (including asthma and COPD), heart disease, diabetes, serious kidney or liver disease, a chronic neurological disease (including motor neuron disease, multiple sclerosis and Parkinson's disease), or a weakened immune system caused by disease or treatment.

It is strongly recommended that all pregnant women, whatever their stage of pregnancy, are immunised with the seasonal flu vaccine. There is no evidence of risk from vaccinating pregnant women, or those who are breast feeding, with these inactivated viral vaccines.

Anyone who had the seasonal flu vaccine last year will need a new jab this winter as the virus changes every year and a new vaccine is developed to protect against the new strains.

Lesley Mountford, Joint Director of Public Health for the City of London and the London Borough of Hackney within NHS East London and the City, said: "Don’t wait for an outbreak. Those at greater risk of developing complications from seasonal flu should protect themselves as early as possible.

Seasonal flu is not to be underestimated, and can increase the risk of more serious illnesses such as pneumonia.

The best way to avoid flu is to get the flu jab so that you are immunised and you can do this by booking an appointment with your GP or visiting your local pharmacy

Additionally, people can help protect themselves and those around them by practising good hand hygiene."

Ends

Notes to editors:

- Seasonal flu occurs every year, usually in the winter between September and February. It's a highly infectious disease caused by a number of flu viruses. The most likely viruses that will cause flu each year are identified in advance and vaccines are then produced to closely match them. As with most seasonal flu vaccines, this year's vaccine will protect against three types of flu virus.
- Flu symptoms hit you suddenly and sometimes severely. They usually include fever, chills, headaches and aching muscles, and you can often get a cough and sore throat at the same time. Flu is caused by viruses and not bacteria, so antibiotics won't treat it.
- Talk to your local GP, practice nurse or pharmacist to find out more, or visit www.nhs.uk/flu
- NHS East London and the City is a cluster of Primary Care Trust that purchases healthcare on behalf of the local population.
- For press enquiries please contact Savaia Stevenson on 020 7683 4118 or email savaia.stevenson@elc.nhs.uk.

List of participating pharmacies in City and Hackney:

FLU VACCINATION PROGRAMME 2011/12 - LIST OF CITY & HACKNEY COMMUNITY PHARMACIES PARTICIPATING

Trading Name	Address	Post Code	Telephone Number
Allen Pharmacy	150 Albion Road, Stoke Newington	N16 9PA	020 7254 2500
ABC Pharmacy	75-77 Stoke Newington Road	N16 8AD	020 8800 6166
Assura Pharmacy	15 A Urban Hive, Theydon Road	E5 9BQ	0208 806 6215
Bee's Pharmacy	261 Wick Road	E9 5DG	020 8985 5265
Benjamin Chemist	190 Stoke Newington High Street	N16 7JD	020 7254 2696
CHAUHAN S CHEMIST (Niemans)	36 GOSWELL ROAD	EC1M 7AA	020 7253 9691
Clarks Healthcare	253 Kingsland Road	E2 8AN	020 7613 4176
Clockwork Pharmacy	239 Well Street	E9 6RG	020 8985 4630
Victoris Park Pharmacy	215-217 Victoria Park Road	E9 5HP	020 8985 1717
Clockwork Pharmacy	236 Well Street	E9 6QT	020 8985 1157
Clockwork Pharmacy	398-400 Mare Street	E8 1HP	020 8985 1635
Dev's Chemist	103A Dalston Lane	E8 1NH	020 7249 8060
F. A. Strange	185 Lower Clapton Road, Upper Clapton	E5 8EQ	020 8510 0829
Finstead (Hoxton) Ltd	209 Hoxton Street	N1 5LX	020 7729 6151

Friends Pharmacy	46 Lower Clapton Road	E5 0RN	020 8986 9706
Haggerston Pharmacy	228 Haggerston Road	E8 4HU	020 7249 2441
Judd’s Pharmacy	73 Pitfield Street	N1 6BT	020 7253 2944
Kalpesh Chemist	199 - 201 Rushmore Road, Upper Clapton	E5 0HD	020 8986 6523
Kingsland Pharmacy	406 Kingsland Road	E8 4AA	020 7254 6910
Leoprim Chemist	328 Essex Road	N1 3PB	020 7704 2987
Megtraco Pharmacy	448 Kingsland Road	E8 4AE	0207 254 8211
Morrisons pharmacy	47- 49 Stamford Hill, Stoke Newington	N16 5SR	020 8809 3369
Murray's Chemist	86 Murray Grove	N1 7QJ	020 7253 9859
Regal Pharmacy	48-50 Chatsworth Road, Upper Clapton	E5 0LP	020 8985 2536
Rowlands (Renton) Chemists Ltd	5 Marlborough Parade,	N4 2NH	020 8800 8801
Safedale Ltd	59 Lower Clapton Road, Upper Clapton	E5 0NS	020 8985 8819
Safedale Ltd	142A Upper Clapton Road	E5 9JZ	020 8806 7073
Safedale Ltd	97 upper Clapton Road	E5 9BU	020 8806 5140
Silverfields	141 Homerton High Street	E9 6AS	020 8985 3654
Silverfields	5 Kingsmead Way, Hackney	E9 5QG	020 8985 5488
Spring Pharmacy	233 Hoxton Street	N1 5LG	020 7739 7482