

Dear Parent,

Flu is now circulating, and the estimate is that it is 4 weeks ahead of last year; the estimated peak of activity is likely to be around the New Year. We are concerned that with unimmunised people mixing over Christmas there could be a high level of resulting illness, we would therefore like to get as many children vaccinated as soon as possible.

It is very important to get your child/children protected against flu. The most common symptoms of flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. Healthy individuals usually recover within two to seven days, but for some the disease can lead to hospitalisation, permanent disability or even death.

The vaccine this year is well matched to the circulating virus and therefore offers good protection.

The flu vaccination is available for all healthy children who attend primary school and any child who is 'at risk' because they have a particular health issue for example diabetes, asthma or heart problem just to mention a few. The vaccination will help to protect them against the disease and help reduce its spread both to other children, including their brothers or sisters, and, of course, their parents and grandparents.

If your child has not been vaccinated against flu this year, please consider getting them protected as soon as possible. Please see a list below of our community catch up clinics in your child's area over the Christmas period. Please drop in between the times shown. No appointments needed

<u>Date</u>	<u>Area</u>	<u>Time</u>	<u>Venue</u>	<u>Address</u>
Saturday 28th December	ST Albans	10AM - 12PM	Elm Consulting Room	24 Hall Place Gardens, St Albans, AL1 3SF
Saturday 28th December	Hertford	10AM - 12PM	Millbridge Meeting Room	The Wash, Hertofrd, SG14 1PX
Monday 30th December	Watford	10AM - 12PM	Meriden Centre	Garsmouth Way, Watford, WD25 9ET
Monday 30th December	Hitchin	10AM - 12PM	Vaccination UK	No. 5 Portmill Lane, Hitchin, SG5 1DJ
Friday 3rd January	ST Albans	10AM - 12PM	Elm Consulting Room	24 Hall Place Gardens, St Albans, AL1 3SF
Friday 3rd January	Watford	10AM - 12PM	Meriden Centre	Garsmouth Way, Watford, WD25 9ET
Friday 3rd January	Hertford	10AM - 12PM	Millbridge Meeting Room	The Wash, Hertofrd, SG14 1PX
Friday 3rd January	Hitchin	1PM - 3PM	Vaccination UK	No. 5 Portmill Lane, Hitchin, SG5 1DJ



Amanda Yerby

Clinical Director, Vaccination UK.