

PRESS RELEASE

14 November 2018

FLU – THINK IT’S TOO LATE TO BE VACCINATED? THINK AGAIN!

With flu season now upon us, Thurrock’s public health team and the Clinical Commissioning Group are working together to fight the threat of flu by encouraging specific groups of people to get their flu vaccine. The message is, it’s not too late!

The groups of people being encouraged in particular are pregnant women, parents of young children, those under 65 with long-term conditions like asthma, diabetes or heart disease. Carers are also eligible to be vaccinated.

Last year Thurrock’s eligible population were under vaccinated, putting them at risk of serious health problems due to the flu. Flu can even be fatal.

Ian Wake, Director of Public Health, Thurrock Council said:

“This year we are targeting particular groups of people who are traditionally slow to take up the flu vaccine. Even though flu season is upon us, it’s not too late to have your vaccine, you will be protected in less than two weeks. If you haven’t had yours, don’t delay.

“Flu vaccines cost you nothing and can prevent serious health complications. Ask your GP or even your local pharmacy and get protected as soon as possible.”

A myth buster document is also available to [view](#) to allay any fears that might be preventing people from getting their flu jab.

Dr Vikram Bhat, local GP and planned and unplanned care lead for Thurrock Clinical Commissioning Group said:

“Flu can be a really serious illness for some people it can make you seriously ill – it can even result in death. If you’re pregnant, under 10 years old, have lowered immunity or a long term health condition such as severe asthma, a chest or heart

complaint, or diabetes then you should also get a free flu jab from your GP and get flu safe. The flu jab is very safe, and it can't give you flu. The flu vaccine is completely free and is a safe way of protecting you and your family in a matter of minutes."

Those wishing to find out more should visit: www.nhs.uk/flu vaccine

ENDS

For more information or to arrange interview, please contact