

We will be running a survey from Mid June to Mid July 2019, below is information which will be useful before completing the survey

IMPORTANT VACCINATIONS FOR CHILDREN & ADULTS TO STAY HEALTHY

Measles Vaccinations

The South West of England has been experiencing an increased incidence of measles outbreaks. This is of concern as whilst this highly contagious viral disease is normally only a very unpleasant illness, it can lead to serious complications. Recently there have been a number of people hospitalised for critical care with measles pneumonitis and measles encephalitis.

The MMR vaccination is normally given to children at 1 year of age with a second vaccination, or "booster", at 3 years and 4 months. However, if an individual has not had both vaccinations, they should now do so, particularly if they are planning to travel to epidemic countries in Europe (Germany, Italy and Romania).

Older adults (those born before 1970) are likely to have either had the infections (measles, mumps or rubella) or have had measles vaccination, and if female a rubella vaccination. If so this means that it is not necessary to have MMR. If you are unsure whether you have had the illnesses or the vaccinations you can still have MMR and will need 2 doses at least one month apart.

To make an appointment for vaccination, ring the surgery in the usual way. We are happy to vaccinate you at either our Wistaria or Milford sites to make it easier to fit in with your work and family commitments.

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

Pneumococcal Vaccination

If you are over 65 then you are eligible for a pneumococcal vaccination to protect yourself from serious and potentially fatal pneumococcal infections. These can cause pneumonia, blood poisoning and meningitis. In most cases this is a one-off injection after the age of 65 and it is not necessary to repeat it.

We strongly advise contacting reception to book a nurse appointment.

If you would like to read more – please see

<https://www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination/>

Shingles Vaccination

If you are over 70 then you may be eligible for a shingles vaccination. Reduce your risk of this painful rash which is most common in older adults and can cause chronic pain by getting this one-off injection. There is a shingles calculator for your eligibility.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/645301/Shingles_interactive_2017to18.pdf

We strongly advise contacting reception to book a nurse appointment.

If you would like to read more – please see

<https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>

Babies & Young Children

An up to date schedule for babies and children can be found at

<https://www.nhs.uk/conditions/vaccinations/>

Children are usually vaccinated at the following milestones

- 8 weeks
- 12 weeks
- 16 weeks
- 1 year
- 2 – 9 years (children's annual flu)
- 3 years 4 months
- 12 – 13 years (girls only)
- 14 years

I hope this information is helpful, but as always if you are unsure please contact our Practice Nurses who are happy to help. You may only need a routine telephone appointment with them to ask for advice.

Jan

Jan Lamont
Practice Manager