

It's time for those 'flu jabs!

With autumn approaching, it's time to prepare for the usual bouts of colds and 'flu that winter always seems to bring

Both Blandford surgeries **are asking patients to book for the annual flu jabs** during the following Saturdays:

- **Eagle House Surgery:** 30th September & 21st October
- **Whitecliff Surgery Blandford:** 7th & 14th October
- **Whitecliff Surgery Child Okeford:** 30th September

Anyone over 65, patients with particular health conditions such as asthma, and carers will be invited by text, letter or prescription reminder **to make an appointment for one of the special Saturday sessions** above. The parents of all children born between 1.9.2013 and 31.8.2015 should also book flu nasal sprays at their surgery. School age children will have them at school

Alternatively, if you're visiting your Doctor or nurse on another matter, you can always ask for your flu jab at the same time. Doctors will have supplies of the flu vaccine available in the surgery in the coming weeks.

If you have been invited but don't want your flu vaccine, please inform the surgery. You will still be invited again next year!

It is also a good idea to **stock up now on cold relief products** in readiness. If you need any help with what to buy, your local pharmacy will be able to advise.