

**Barking & Dagenham Immunisation Team**

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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.

Wednesday 18 <sup>th</sup> December 15.30 – 17.30	Chadwell Heath Community Centre, High Rd, RM6 6AS (Near Jet petrol station)
Wednesday 8 <sup>th</sup> January 15.30-17.30	Becontree Leisure Centre, Althorne Way, Dagenham, RM10 7AY



Amanda Yerby

Clinical Director, Vaccination UK.