

Parents & Carers in Enfield Schools

Date: 17th December 2019

Dear Parents and Carers,

This winter influenza (flu) virus is circulating. Across Enfield children have been offered the painless flu nasal spray vaccine to protect them from flu. If your child has missed this opportunity to be vaccinated at school, there is a catch up clinic at: **Cedar House Clinic, St Michael's Hospital Site, Gater Drive, Enfield, EN2 0JB on Monday 30th December between 10:00am-14:00am**. This is a drop in session so you will not need to make an appointment. Children attending nursery who are 2-3 years (on the 31st August 2019) will need to attend their GP practice.

It is very important to get your child/children vaccinated so they are protected and to prevent the spread of the virus to other vulnerable members of your family or wider community. 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.

In addition to your child being vaccinated, there are several groups of people that are at a greater risk of serious health complications if they contract flu. They are eligible for a free flu vaccination from their Pharmacy or GP practice. At risk people include:

- adults 65 and over
- people with certain medical conditions
- long-term respiratory conditions such as COPD, asthma or bronchitis
- chronic heart disease
- chronic kidney disease
- neurological conditions such as Parkinson's, multiple sclerosis, cerebral palsy
- immunosuppressed
- overweight (BMI of 40 or above)
- pregnant women (at any stage of pregnancy)
- frontline health or social care workers

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 If you need this document in another language or format contact the service using the details above.

If you or your child has not been vaccinated against flu this year, please consider getting protected as soon as possible.

Yours faithfully

A handwritten signature in black ink, appearing to be 'S. Lines', enclosed in a thin black rectangular box.

Stuart Lines
Director for the Public's Health

A handwritten signature in black ink, appearing to be 'P. Nathan', with a long horizontal line underneath.

Peter Nathan
Director of Education

Enfield Council has launched a series of 14 e-newsletters covering a range of topics that provide residents with more frequent Council news and service updates. More than 40,000 people have already signed up, make sure you're one of them. You can register at www.enfield.gov.uk/enewsletters