



# NHS70: Celebrating 70 years of the NHS

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**Harford Health Centre News Letter**

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## Flu season is around the corner!

Protect yourself and your family this season with an annual flu vaccine available for those with chronic diseases, all those over 65year olds and all 2-3 year olds.

While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. At Harford Health Centre we recommend that people get vaccinated by the end of September, if possible.

It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection. You have the power to protect you and your family against flu this season.

## Date Of Flu Clinics

**Saturday 15<sup>th</sup> Sept for  
under 65's**

**Saturday 22<sup>nd</sup> Sept for  
over 65's**

**Children 2-3 year olds  
will get their  
nasal flu in October**

**WALK IN CLINIC FROM 9am—12pm.  
NO APPOINTMENT NEEDED.**

## FLU FACTS

- The flu vaccine cannot give you the flu.
- The flu injection, an inactivated vaccine contains killed viruses and cannot give you the flu.
- The nasal-spray flu vaccine, a vaccine made with live, weakened flu viruses (sometimes called LAIV for live, attenuated influenza vaccine) does not cause the flu either. Attenuated means the viruses are weakened and will not cause severe symptoms often associated with influenza illness. LAIV is cold-adapted and temperature-sensitive, meaning the viruses can grow in the nose and throat, but not in the lower respiratory tract where the temperature is higher.
- Some people experience a little soreness or redness where they get the injection. This soreness goes away in a day or two. Serious problems from the flu injection are very rare.
- Getting the vaccine is your best protection against the disease.
- You can be infected, not feel ill, and still transmit flu to at-risk patients.
- No one is immune from the flu virus. Studies show that most healthy adults can infect others with the flu up to 1 day before they start having symptoms and once sick, they can infect others for up to 5 days.
- Only about 50% of infected persons will develop the classic clinical symptoms of influenza

# MEDICATION BRAND CHANGES ON YOUR PRESCRIPTION. WHAT YOU NEED TO KNOW!

There are some instances whereby the Practice is instructed by the Tower Hamlets CCG Medicines Management Team to change a patient's medication.

You may not always be directly informed of this change but you will note the change on your prescription, usually with a note from the prescriber.

These changes are strongly advised by the Tower Hamlets CCG Medicines Management Team and are backed by research and sometimes it is for safety reasons.

Sometimes it may be that a medication has to be prescribed generically rather than by company name. In most cases an identical drug is prescribed (e.g. inhalers, diabetes blood testing strips, emollients for serious skin

conditions). There may be occasions where the CCG no longer supports regular prescribing of some medications, so this will be stopped and you may be advised that this is available over the counter or to purchase from your pharmacy- such examples are emollients, creams, antihistamines, vitamins.

Please be assured these changes have been made on many factors and are made to benefit the patient. If you wish to further understand the change you may book an appointment with the practice pharmacist who will be able to reassure you.

**NHS**

**Tower Hamlets**

**Clinical Commissioning Group**



## Accessing your medical records, booking and cancelling appointments

**has never been easier!** You can now do all of this in the comfort of your own home or on the go. You do not need to come into the surgery and wait in line or stay on the phone line waiting for someone to answer.

If you would like to use this service, just come into the surgery with one proof of photographic ID and we will set you up. You can also speak to any of the reception team for more information.

**This service is only available for patients over the age of 18 years old.**

# G.D.P.R

## General Data Protection Regulation

As a practice we always handle all medical records in line with laws on data protection and confidentiality. We share medical records with those who are involved in providing you with care and treatment. In some circumstances we will also share medical records for medical research, for example to find out more about why people get ill. In such cases only anonymised data which omits patient identifiable information is shared. We also share information when the law requires us to do so, for example, to prevent infectious diseases from spreading or to check the care being provided to you is safe.

For more information regarding GDPR you can ask at reception for a leaflet.

## Walk in Centre is now changing

**From 1st August 2018, walk in centre will no longer provide a walk in service.**



**when it's less urgent than 999**

**Call 111 if you need medical help fast, but it's not life-threatening:**

- If you don't know who to call for medical help
- If your GP practice is closed
- If you need medical advice or reassurance about what to do next