



## **British Forces Germany Health Service**

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### **THIS WINTER, PROTECT YOURSELF AGAINST FLU**

From mid October, BFG HS will run an immunisation programme to vaccinate against seasonal flu in BFG.

Seasonal flu occurs every year, usually in the winter. It is a highly infectious disease caused by a virus. The most likely viruses that will cause flu each year are identified in advance and vaccines are then produced. The H1N1 virus that caused the 'swine flu' pandemic last year will still be around this winter, so this year's seasonal flu vaccine will include a vaccine that protect against this virus.

Flu symptoms include fever, chills, headaches, aching muscles, coughs and sore throats.

Some people are more susceptible to the effects of seasonal flu. You should definitely consider having the seasonal flu vaccination if you:

- have an underlying health condition such as heart problem, kidney disease, liver disease, diabetes
- are aged over 65 years or over
- are pregnant

Karen Oliveira, Health Protection Nurse said: "The seasonal flu vaccine will be available from mid October. It will be offered in priority to patients with underlying health problems and personnel deploying to Op Herrick."

Patients with underlying conditions as mentioned above will be contacted by their local Medical Centre and invited to make an appointment. Immunisation for deploying personnel will be organised the Units.

For more information on how to protect yourself and your family this winter, visit

[www.bfgnet.de/bfghs/bfghs.html](http://www.bfgnet.de/bfghs/bfghs.html)