

Editorial copy for partners

Seasonal flu

Health conditions

People with health conditions are being urged to act now to be ready to fight flu this winter.

Following last year's bad flu season, health professionals are advising those at risk to get their vaccination early, to ensure they're prepared ahead of winter hitting.

Anyone with a health condition is at greater risk from flu and its complications. The vaccine, available from GP practices from October, provides the best defence. It only takes a few minutes, and protects for around a year.

As the flu virus spreads more easily when temperatures are low, the Deputy Chief Medical Officer urged people not to delay in getting vaccinated, even if they are fit and healthy and have their condition under control.



Dr Gregor Smith said:

"Flu is very infectious and can be serious for those with health conditions.

"Incidences of flu rose last winter, which is why we're urging those at risk to get vaccinated early, before winter sets in.

"Even if you feel healthy, getting the flu can hit you hard and, in some cases, result in complications which can lead to hospitalisation.

"If you want to protect your health this winter, my advice would be not to delay in booking a vaccination appointment with your GP practice."

For more information on the flu vaccine, visit www.readyforflu.scot or phone NHS Inform on **0800 22 44 88**.

Pregnancy

Pregnant women are being urged to act now to be ready to fight flu this winter.

Following last year's bad flu season, midwives are advising those who are pregnant to get the vaccine early, to ensure they're protected ahead of winter hitting.

The flu vaccination, available from GP practices from October, is safe at any stage of pregnancy and protects the mother for around a year, and the baby for up to three months after birth.

As pregnant women are at increased risk of flu-related complications, the Deputy Chief Medical Officer outlined the importance of getting vaccinated each year to ensure both mother and baby are protected.



Dr Gregor Smith said:

"Flu is very infections and can be serious for those who are pregnant, which is why we're urging people to get the vaccination early.

"Incidences of flu rose last winter, so it's important women take action ahead of winter hitting to ensure they are properly protected.

"The vaccine is safe at any stage of pregnancy, and remains the best defence against flu.

"If you want to protect your health and the health of your baby this winter, my advice would be not to delay in booking an appointment with your GP practice,"

For more information on the flu vaccine, visit www.readyforflu.scot or phone NHS Inform on **0800 22 44 88**.