



HEILENDI PRACTICE FLU CLINICS



This year, because of Covid-19, our flu vaccine clinics will be by appointment only.
Appointments can be booked by calling 07562456038 between 9am and 5pm from Wednesday 30th September. A high volume of calls is expected so we kindly ask you to remain patient and call back later if the line is busy.

Patients aged 17 years and under will be seen at separate clinics.

Eligibility

- **Anyone over the age of 65**
- **Anyone under 65 with Chronic Respiratory (including severe Asthma and COPD), Heart, Kidney, Liver or Neurological Disease, Diabetes, Immunosuppression, Asplenia/Dysfunction of the spleen or a Body Mass Index (BMI) of 40 or over**
- **Unpaid carers**
- **Those who live in the same house as individuals falling within the Covid-19 shielding group**

Please only attend at your appointment time. In order to maintain adequate social distancing we will be unable to permit you to enter the building before your allocated appointment slot.

Physical distancing and hygiene measures have been put in place following Scottish Government guidelines. We ask all those attending to wear a face covering. We also ask you to wear short-sleeved clothing in order to ensure timely delivery of vaccines. If you are currently being treated with warfarin medication, please bring your yellow book to your appointment.

If you are feeling unwell or experiencing Covid-19 symptoms, do not attend your appointment. If you cannot attend please let us know as soon as possible so an alternate appointment can be arranged.

The clinic dates are:

**Friday 9th October
Sunday 11th October
Friday 30th October
Saturday 31st October
Thursday 5th November**

The clinics will be held at:

**Kirkwall Vaccination Centre (the old Health Centre)
New Scapa Road
Kirkwall
KW15 1B**