New Islington Medical Practice

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10/11/2025

Dear Patient,

Your annual flu vaccination is now due

Our records indicate that you are pregnant, which means that you and your baby are more likely to get complications or need hospital treatment if you catch flu, and your GP recommends that you have the free flu vaccination.

Being vaccinated is the best protection against the unpredictable virus which infects many people and can cause serious illness and death. The flu vaccine is estimated to have prevented over 120,000 people from being hospitalised in England last winter.

Flu infection in pregnancy puts your baby at increased risk of being born prematurely or with a low birthweight. In some cases it can even lead to stillbirth or death. By being immunised, these risks are reduced and your baby will be protected for the first few months of life when they are vulnerable but too young to have a flu vaccine themselves which is why the NHS recommends you have the vaccination.

The flu vaccine also protects you from the complications of flu. Studies have shown that it's safe to have the flu vaccine during any stage of your pregnancy.

Please phone 0161 272 5660 to book an appointment for your flu vaccination by Monday 24th November.

Alternatively, you can book an appointment online at www.nhs.uk/book-a-flu-vaccination

For more information visit: www.nhs.uk/flujab

Yours sincerely,

Dr W Ali

Lead General Practitioner