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Myhealth App

A new app has launched to help residents across Cambridgeshire and Peterborough to find local NHS services available to them.

The 'MyHealth Cambridgeshire & Peterborough' app will locate the nearest appropriate NHS service for you which includes local GPs, pharmacies, minor injury units and dentists.

More information about the app is on the [Cambridgeshire and Peterborough NHS website](http://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/myhealth-app/) (<http://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/myhealth-app/>).

Easyhealth Website

There are over 500 easy read leaflets on the [Easyhealth website](http://www.easyhealth.org.uk/) (<http://www.easyhealth.org.uk/>), providing a fantastic resource for anyone looking to access clear, practical and easy to understand health information.

Flu

Flu is an acute viral infection of the nose, mouth, throat, bronchial tubes and lungs. For most healthy people, it is an unpleasant but usually self-limiting disease with recovery generally within a week but for at-risk groups it is much more serious. Symptoms can include:

- > Fever
- > Chills
- > Headache
- > Muscle and joint pain
- > Fatigue

Vaccination

Flu immunisation really is crucial in protecting those at risk, GPs offer free flu vaccinations to:

- > People aged 65 years and over.
- > Clinical at-risk groups.
- > Pregnant women
- > Carers and Health and social care workers.
- > Residents in long-stay care homes

If you are in one of these at risk groups, contact your GP to arrange a free flu vaccination.

Give yourself an MOT

If you are aged between 40 and 74, you will be invited by your GP for a free health check every 5 years, alternatively you may contact your GP to arrange an appointment. The health check can spot early signs of high blood pressure, heart disease or diabetes.

Every year, the NHS health check is expected to help:

- > Save 650 lives
- > Prevent 1,600 heart attacks and strokes
- > Prevent 4,000 people from developing diabetes
- > Detect at least 20,000 cases of diabetes or kidney disease earlier.

Guidance from Public Health England

- > [Find out which flu vaccine should you or your child have](https://www.gov.uk/government/publications/flu-vaccinations-which-flu-vaccine-should-you-or-your-child-have) (<https://www.gov.uk/government/publications/flu-vaccinations-which-flu-vaccine-should-you-or-your-child-have>)
- > [If your son or daughter has a long-term condition, you can get your child vaccinated from flu](https://www.gov.uk/government/publications/does-your-son-or-daughter-have-a-long-term-condition-getting-them-vaccinated-can-protect-your-child-from-flu-booklet) (<https://www.gov.uk/government/publications/does-your-son-or-daughter-have-a-long-term-condition-getting-them-vaccinated-can-protect-your-child-from-flu-booklet>)
- > [If you are pregnant, a flu jab is free](https://www.gov.uk/government/publications/flu-pregnancy-poster) (<https://www.gov.uk/government/publications/flu-pregnancy-poster>)