**What Do I Need To Know?**

**Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through touching; small droplets coughed or sneezed into the air by an infected person. Once infected, it takes about two days for the symptoms to appear. It is normal for symptoms to appear a day or so and for about five days after they’ve gone. The flu virus affects the lungs and upper respiratory airways, and can sometimes result in very severe symptoms.**

The flu season is between October and April every year

### Is it Flu or Cold?

**Typical Flu Symptoms Typical Cold Symptoms**

* **High Temperature Runny nose & congestion**
* **Sweating, feeling Sneezing**

**feverish/shivery**

* **Headache Headache**
* **Aching limbs and Chesty cough**

**tiredness**

* **Sore throat with a dry**

**cough**

* **Loss of appetite**

**Flu Vaccination**

Studies have shown that flu vaccines provide effective protection against the flu, although protection may not be complete and may vary between people.

### How Flu Vaccination protects you

The vaccine causes your body’s immune system to make antibodies to the flu virus.

Antibodies are proteins that recognise and fight off germs that have invaded your blood, such as viruses. If you catch the flu virus later on, the immune system will recognise it and immediately produce the antibodies to fight it.

It may take 10–14 days for your immune system torespond fully after you have had the flu injection.

The antibodies against the flu strains will gradually decrease over time and the flu strains can change from year to year. You need to have a flu jab every year to ensure the best protection against the latest strain of the virus.

24 hour support line

**0845 521 0023**

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**FLU VACCINATION SERVICE FROM**

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**NORTH BRINK PHARMACY**

**This Winter**

**By appointment**

**Tel: 01945 468 740**

**or simply drop in**

### FREQUENCY ASKED QUESTIONS

### Can the flu jab cause flu?

Absolutely not. The Worth Health Organisation approved vaccine that we use contains no live flu virus so it is impossible to give you the flu.

### Will having the jab hurt?

Discomfort is minimal. The injection is given in the upper arm via a small needle and only takes a couple of seconds.

### Is there anyone who shouldn’t have the jab?

A few. You shouldn’t be vaccinated if you: have a serious allergy to hens or chicken eggs, have had an allergic reaction to a previous flu vaccine or are allergic to latex or, rarely, to certain medicines. Flu vaccine is safe at any stage of pregnancy.

### Does having the jab protect you for life?

No. You have to be vaccinated every year as the flu virus constantly changes.

### Are there any side effects?

Side effects are extremely uncommon. Some people may feel slight soreness in their arm where they had the injection. Occasionally, a slight temperature or headache 24 hours after the jab may be experienced.

### Can anyone catch flu?

Yes, no matter how fit and healthy you are.

### Does the NHS provide flu jabs?

Yes, but it focuses its efforts on specific “at risk” groups such as the over 65s. Healthy adults only receive a flu vaccine if provided by their employer or if they choose to pay for it privately.

### Does the vaccine protect against colds?

No. The viruses that cause colds are different from the virus that causes flu.

**Don’t let Flu ruin your winter this year**

**Protect yourself and your loved ones this winter by giving them “The Flu Jab Vouchers”**

**now available at**

**North Brink Pharmacy**

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**Speak to one of our multi-lingual (English, Polish, Lithuanian, Russian, Spanish and German) Pharmacy Team Members for advice, information, and appointment**

**Flu Vaccination Jabs for your Workforce**

Seasonal flu can hit your organisation hard impacting on your most important resource - **your people**.

Our [flu vaccination service](http://www.flufighters.org.uk/our-service)  can help save your business thousands of pounds in lost time and `productivity from less than you think.

Protecting your staff with flu vaccinations **reduces winter absenteeism**, keeping your organisation running smoothly and saving you money.

Offering a flu shot shows your commitment to keeping staff healthy at work and at home

Whatever the size of your organisation, vaccination from **our**[**on-site flu jab service**](http://www.flufighters.org.uk/our-service) provides the best protection against flu-related absence

**References**

1. NHS Choices. Flu and the flu vaccine.http://www.nhs.uk/Livewell/winterhealth/Pages/Fluandthefluvaccine.aspx. Accessed 20/07/2012.

2. Health Protection Agency. Seasonal Influenza: Frequently asked questions on influenza.http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb\_C/1195733852084?p=1191942171475. Accessed 20/07/2012.

3. Department of Health. Immunisation against infectious diseases – The Green Book. Chapter 19 Influenza. May 2011