



Why should you consider having a flu jab?

Q. What is Flu?

- A. Influenza or – as it is more generally known – Flu is a highly infectious viral infection that generally occurs during the winter months. Unlike the common cold its onset is usually sudden.

Q. What are the symptoms?

- A. Typical Flu symptoms are: high temperature, fever or chills, sweats, aching muscles, a dry cough, sore throat, sneezing and headache. These symptoms will peak in the first couple of days and then gradually wear off. After the initial illness you may still experience a dry cough, tiredness and/or dizziness for a couple of weeks.

Although it is possible to get complications from the Flu, most healthy people will not suffer any long term effects.

Q. How do you catch Flu?

- A. The virus is spread from person to person by someone who already has it coughing or sneezing and others breathing it in.

Q. What can I do to prevent getting Flu?

- A. You can have the Flu jab, which gives 90% of people protection against Influenza. This involves one small injection into your arm.

Q. Does it have any side effects?

- A. You may experience some temporary slight soreness at the injection site. Other side effects are rare, such as a slight temperature and muscle ache which lasts for a day or two.
The Flu vaccine is not a live vaccine and it will not give you Flu.

**Partners: Dr J Woyka. Dr I Chait. Dr C Turner
Associates: Dr G Wells. Dr J Gomes. Dr M Singh**

84-88 Pinner Road, Harrow, Middlesex HA1 4HZ
Appointments Telephone: 020 8861 1221 Facsimile: 020 8427 4915
Reception Facsimile: 020 8424 0206 VAT Registration No: 581735128
Email: info@harrowhealthcare.co.uk www.harrowhealthcare.co.uk



Q. When should I have the vaccine?

A. The vaccine is best given in the Autumn. This will give you maximum protection over the coming Winter months. You should not wait until there is a Flu epidemic before being vaccinated.

Q. I had the vaccination last year why do I need it again?

A. The Flu virus actually changes, so you need a jab every year to protect you against the latest strain.

Q. Is there any reason I should not have the jab?

A. We do not recommend you have this vaccination if:

- i. You have a severe allergy to eggs (this does not mean that you shouldn't have it if you just don't like eating eggs).
- ii. You are pregnant.
- iii. More rarely – if you have had a serious reaction to a previous Flu jab.

Q. How much does it cost?

A. We charge £26.50 for a consultation including administering the vaccine. For adults who wish to have a Pneumovax vaccination at the same time (long-term protection against Pneumonia), which also costs £26.50 we discount this to £50 for both vaccinations.

Children aged between 6 months and 12 years who have never had the vaccine before will need to have two vaccinations approximately 4 – 6 weeks apart. The cost is discounted to £45 for both appointments and is payable at the first visit.

HHCC 2007

**Partners: Dr J Woyka. Dr I Chait. Dr C Turner
Associates: Dr G Wells. Dr J Gomes. Dr M Singh**

84-88 Pinner Road, Harrow, Middlesex HA1 4HZ
Appointments Telephone: 020 8861 1221 Facsimile: 020 8427 4915
Reception Facsimile: 020 8424 0206 VAT Registration No: 581735128
Email: info@harrowhealthcare.co.uk www.harrowhealthcare.co.uk