



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.

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. Please refer to our Fees section Travel Vaccination Fees as these may vary from time to time. For example, discounts are available* for:

- adults who wish to have a Pneumovax vaccination at the same time as their "Flu jab (long-term protection against Pneumonia),
- children aged between 6 months and 12 years who have never had the vaccine before, who will need to have two vaccinations approximately 4 – 6 weeks apart, *when both appointments are paid for at their first visit.