

# Skeltons Chemists

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## Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for September 2023

1. How many people died from flu in the 2022/23 season?
2. What effect does having a flu vaccination have on hospital admissions?
3. What is the best time to have your flu vaccination?
4. Why?
5. Are the flu vaccines safe?
6. How do they work?
7. Can the vaccines give you flu?
8. What are the side effects?
9. Who is entitled to a free flu vaccine on the NHS?
10. Can I get a vaccine even if I am not in an eligible category?



Speak to a member of our team and book your flu jab today!

### Answers on the bottom of P2

### Why should I get a flu vaccination?

While flu is unpleasant for most people, it can be dangerous and even life threatening for some people. In the 2022/23 season 14,500 people died from flu. The people who are most likely to die from flu are:

- Those with a respiratory condition like asthma, especially those who need a steroid inhaler or are on steroid tablets, chronic obstructive pulmonary disease (COPD) including emphysema and bronchitis
- People with diabetes
- People with a heart condition like coronary heart disease or heart failure



- Those who are overweight – with a BMI of over 40
  - People with chronic kidney disease
  - Those with liver disease such as hepatitis
  - People suffering from neurological conditions like Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy
  - Those with a learning disability
  - People who have problems with their spleen like sickle cell disease
  - People with a weakened immune system because they have HIV, AIDS or are taking medicine like steroid tablets.
- For this reason, the government organises an annual free flu vaccination campaign to encourage

anybody in these groups to get protection against the virus. The vaccination gives the best protection, although there is still a chance you might get flu but it's likely to be milder and not last as long.

The NHS also offer free vaccinations to anybody over 65, certain frontline health and social care workers, women who are pregnant, anybody in long stay residential care, anybody who receives carer's allowance or are the main carer for an older or disabled person who may be at risk if they get sick and anybody living with someone who is more likely to get a severe infection due to a weakened immune system.

If you are not sure whether you are entitled to a free flu vaccination, check with your GP. If you do not qualify, you can still purchase a vaccination privately from your local pharmacy. If you are working and caught the flu you would probably be off sick for at least 3 days, and as most employers do not pay sick pay for the first 3 days, it could cost you about £250 (3x8 hours at £10.42) while a flu vaccination would only be £15-£20.



### Is it safe to get a flu vaccination?

Vaccines are the most effective way to prevent the spread of the flu virus. It has been shown to reduce hospital admissions in the over 65 group by 25%, in other adults by 33% and in children by 67%.

Flu vaccinations teach your immune system how to create antibodies that protect you from the flu virus. As the type of virus that is most



*- Groceries  
- Pick up kids  
- Get flu shot*

prevalent each year changes, it is important that you have your vaccination every year.

The best time to get your flu vaccination is in the autumn or early winter before the flu virus starts to spread. Vaccines are safe because they are thoroughly tested to make sure they do not harm you or your child.

Flu vaccines:

- ◆ Protect you from the serious and potentially deadly effect of flu.
- ◆ Protect other people in your community, especially those who can't have the vaccine.
- ◆ Undergo rigorous testing before being introduced and are constantly monitored for side effects after being introduced.
- ◆ May sometimes cause mild side effects such as slightly raised temperature, muscles aches and a slightly sore arm for 2-3 days.
- ◆ Do not overload or weaken the immune system.
- ◆ Do not cause allergies or any other conditions.
- ◆ Do not contain mercury.
- ◆ Do not give you flu as none of the vaccines contain live viruses.

**For more information about flu vaccinations or to pre book your appointment with us please talk to one of our trained team.**

Answers: Q1, 14,500. Q2, It cuts the risk by 25% in people over 65, 33% in other adults and 67% in children. Q3, In the autumn or early winter. Q4, Because this is before flu starts spreading. Q5, Yes, because they are thoroughly tested to make sure they will not harm you or your child. Q6, They teach your immune system how to create antibodies that protect you from the flu virus. Q7, No because none of the vaccines used contain live viruses. Q8, A slightly raised temperature, muscle aches, sore arm where the needle went in. Q9, Anybody over 65, people who have certain health conditions, women who are pregnant, people in long residential care, people who receive a carer's allowance, people who live with someone who has a weakened immune system. Q10, Yes. You can pay for one from your local pharmacy.