

# CHADWICK NEWS

## Welcome to our newsletter

### FOCUS ON—IMMUNISATIONS

## FLU VACCINATION—GET PROTECTED

**Flu vaccination by injection**, commonly known as the "flu jab" is available every year on the NHS to protect adults (and some children) at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The flu vaccine is given free on the NHS as an annual injection to:

- adults over the age of 18 at risk of flu (including everyone aged 65 and over)
- Children aged six months to two years at risk of flu

### Flu nasal spray vaccination

The flu vaccine is routinely given on the NHS as an annual nasal spray to:

- healthy children aged two, three and four years old plus children in school years one and two.
- Children aged two to 17 years at particular risk of flu

**There are many myths surrounding flu and the flu vaccine. Here are 5 common flu myths and the truth behind them.**

1. Having flu is just like having a heavy cold—a bad bout of flu is much worse than a heavy cold symptoms can include fever, chills, headaches and aching muscles, you are likely to spend two or three days in bed. Complications can cause you to become seriously ill and you may be hospitalized.
2. Having the flu vaccine gives you flu—No it doesn't, the injected flu vaccine is inactivated so it cannot give you flu.
3. Flu can be treated with antibiotics—No it can't. Viruses cause flu, and antibiotics only work against bacteria
4. Once you've had the flu vaccine you're protected for life—No you aren't. The viruses that cause flu change every year so you need a vaccination each year that matches the new viruses.
5. The flu jab won't protect me against swine flu—Yes it will, this year's flu vaccine protects against three different flu viruses including H1N1 swine flu virus.

**FURTHER INFORMATION AVAILABLE AT RECEPTION**



## Shingles Vaccine Born between 2/9/42 & 1/9/45 or 2/9/35 & 1/9/37?

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s.

The shingles vaccine is given as a single injection. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it.

It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

PLEASE PICK UP A LEAFLET FROM RECEPTION OR SPEAK TO THE NURSE OR DOCTOR

## Men ACWY vaccine

Young teenagers, sixth formers and 'fresher' students going to university for the first time are now routinely offered a vaccination to prevent meningitis W disease.

The Men ACWY vaccine protects against four different causes of meningitis and septicaemia – meningococcal (Men) A, C, W and Y diseases

### How do you get the vaccine?

GP practices will automatically send letters inviting 17-and 18-year-olds in school year 13 to have the Men ACWY vaccine.

Students going to university or college for the first time as fresher's, including overseas and mature students up to the age of 25, should contact their GP to have the Men ACWY vaccine, ideally before the start of the academic year.

Younger teenagers (school year 9 or 10) will be offered the Men ACWY vaccine in school as part of the routine adolescent schools programme alongside the 3-in-1 teenage booster, and as a direct replacement for the Men C vaccination.

## Men B vaccine

A new vaccine to prevent meningitis is being offered to babies as part of the routine NHS childhood vaccination programme.

The Men B vaccine is recommended for babies aged 2 months, followed by a second dose at 4 months, and a booster at 12 months.

There is also a temporary catch-up programme for babies who are due their 3- and 4-month vaccinations in September 2015, to protect them when they are most at risk from infection.

FURTHER VACCINE INFORMATION IS AVAILABLE ON THE NHS CHOICES WEB SITE AT

<http://www.nhs.uk/conditions/vaccinations/pages/vaccination-schedule-age-checklist.aspx>