

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 2022

1. Why do I need a flu vaccination?
2. Why do I need a Covid-19 vaccine?
3. Why do I need a flu vaccination every year?
4. Why is the Covid-19 booster every 6 months?
5. Why is it particularly important to get a flu vaccination this year?
6. If I am eligible for both vaccinations, can I get them at the same time?
7. Who can have a free flu vaccination?
8. Where can I get an appointment?
9. How effective are the vaccinations?
10. What should I do if I think I have Covid?



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

Answers on the bottom of page two

Should I get a flu/covid vaccination?

You need a flu vaccination every year because the viruses keep mutating, so the scientists have to adjust the vaccinations to provide better immunity against the latest variants. It is particularly important to get vaccinated against flu this year because very few people got it last year, so there is much less natural immunity among the general population. You should have a booster Covid vaccination if you are over 75 or have a health condition that makes you vulnerable. This will help to reduce the number of people

that become seriously ill and then take up hospital beds so there are fewer available for routine problems. A covid vaccination is needed every 6 months because so far, the immunity it gives weakens over time.

Who can have a free vaccination?

It is now the season when people who are more likely to become seriously ill from flu or Covid should get a vaccination to help protect themselves. Those people that are entitled to a flu vaccination that is paid for by the NHS this year are:

- People who are over 50 before 31st March 2023
- Have a respiratory condition



- like asthma or chronic obstructive airways disease (COPD)
- Diabetics
- Have a heart condition
- Are overweight - a body mass index of over 40
- Have chronic kidney disease
- Have liver disease
- Have neurological conditions like Parkinson's disease
- Have a learning disability
- Have problems with their spleen
- Have a weakened immune system from chemotherapy, HIV etc
- Are pregnant
- Anybody who is in long term care
- Anybody who is the main carer for an older or disabled person
- Anybody living with someone who is more likely to get infections
- Anybody who is a frontline health or social worker.

However, you can purchase a vaccination from your local pharmacy, if you do not fit into any of those categories. This is good value for money, because if you are too ill to work, you will probably lose 3 days' pay which would be over £200 if you are on minimum wage and work 8 hours a day.

If you are eligible for a free flu vaccination you can get it from your GP surgery, a pharmacy that is providing this service, your midwife if you



are pregnant, or through a hospital appointment. You should get your covid booster from the same place you used last time. If you need both vaccinations, it is safe to have them together.

How effective are the vaccines?

The flu vaccine gives the best protection against the main types of flu although there is still a chance you might get flu. If you do get flu, it is likely to be a milder version and will not last as long. It will also reduce the possibility of you spreading flu to people who are more at risk of serious problems from having flu.

Unvaccinated patients remain more likely to be admitted to critical care with Covid-19 than vaccinated people. The proportion was three times higher in February 2022 having reduced from 7 times higher in December 2021.

What should I do if I catch covid?

If you have Covid, you can pass the virus onto other people for up to 10 days from when your infection starts but many people will no longer be



infectious to others after 5 days. So the advice is to stay at home and avoid contact with other people for 5 days. If you have a high temperature get lots of rest, drink plenty of fluids and take paracetamol or ibuprofen.

For more information or to book a flu or covid vaccination appointment speak to one of our trained team.

Answers: Q1, To stop you becoming seriously ill with flu. Q2, To help protect those who are vulnerable from becoming seriously ill from the various variants of Covid-19. Q3, Because the viruses keep mutating, so the scientists must adapt the vaccines to match. Q4, Because the immunity it gives weakens over time. Q5, More people are likely to get flu as fewer people have built up immunity from it during the pandemic. Q6, Yes. Q7, Anyone over 50, if you have certain health conditions, if you are pregnant, anybody in long term care, people who are the main carer for an older or disabled person, you live with someone who is more likely to get infections, or you are a frontline health or social worker. Q8, Your GP surgery, at a pharmacy offering this service, your midwife if you are pregnant or through a hospital appointment. Q9, With Covid, unvaccinated people account for a higher proportion of critical care patients than in the general population - 3 times higher in February 2022. The flu vaccination gives the best protection flu. Q10, If you have a high temperature get lots of rest, drink plenty of fluids and take paracetamol or ibuprofen.