

FAQs - Flu Clinic Vaccination

What can I expect on the day of the clinic?

Your Clinic Appointment

The nurse will attend your College and you will have an allotted time for your vaccination. The vaccination clinic will take place in a room made private (such as a meeting room) as you may need to remove clothing to allow the nurse to access your upper arm. If possible, please wear clothing with sleeves that can be comfortably rolled up to the top of the shoulder to allow the nurse access to the deltoid muscle in your upper arm. You should also take a drink of water with you.

To ensure you can safely receive your vaccination your College will provide you with a consent form which you will need to complete on the day of the clinic and bring with you to your appointment.

Your Nurse

The vaccination will be administered by a Royal College of Nursing qualified nurse practitioner, experienced in administering flu vaccinations and anaphylactically trained.

Flu Vaccination

Why Should I have a Vaccine?

The flu vaccine will help keep you healthy and help stop the spread of the flu virus. You should have the flu vaccination to protect yourself, your family and your colleagues from the virus.

What is a Vaccine?

A vaccine is a type of medicine that trains the body's immune system to create antibodies so that it can fight a disease it has not come into contact with before. Vaccines are designed to prevent disease rather than treat a disease once you have caught it.

Why do we need a Flu vaccination every year?

It is important to have a flu vaccine every year because the flu virus changes over time. Each year there are different strains. A new vaccine must be prepared to provide the best protection against the strains of flu that are expected to circulate in the UK in the coming season. Every February in the Northern Hemisphere, the World Health Organization (WHO) reviews the types of flu strains that have been circulating in all parts of the world and decides which will go into the vaccine for the following autumn.

What Vaccination will I have?

Quadrivalent Influenza Vaccine (QIVe) (inactivated/split) this vaccine contains and protects against four influenza virus strains – two influenza A strains and two influenza B strains. This vaccine is an appropriate vaccine for the healthy (18-64s) vaccination population and is also recommended by Public Health England for use within the NHS for the at-risk 18-64s age group vaccination population (if QIVr not available). In the manufacturing process, hen's eggs are used, so those with egg, hen allergies and/or vegans may not want to receive the vaccine.

This vaccine;
is recommended by the NHS and directed by the World Health Organisation.
does not contain any meat products or latex.
also provides protection against swine flu virus strains.

How quickly will I be protected?

It takes up to two weeks after vaccination for you to be protected against flu. Protection will last for up to one year.

How effective is the vaccination?

The vaccine offers 70-80% immunity against the virus. The small minority who develop flu, despite being vaccinated, are likely to experience milder symptoms and a shorter duration of infection.

Are there any Side Effects?

Some people may experience a slightly sore arm after the vaccination which can include redness, swelling, pain

or bruising around the vaccination site.

Less commonly, a mild temperature and aching may occur as a result of the immune system responding to the vaccine, this can last for up to 48 hours after vaccination and is not considered abnormal. More serious side effects are extremely uncommon and very rarely occur.

Does the vaccine cause Flu?

No. The vaccine contains an inactivated virus that cannot, in itself, cause flu. Mild flu-like symptoms that may be experienced for up to 48 hours after vaccination is the normal response of the body's immune system to vaccination, the majority of people do not notice any such symptoms.

Is the vaccine Safe?

Flu vaccines have an excellent safety record. They are the best protection we have against an unpredictable virus which can cause severe illness and even death each year among at-risk groups.

Can Everyone have a Flu Vaccination?

Most people can safely receive the vaccination, however, some people cannot. You will be asked some medical consent questions by the nurse to ensure you are safe to receive a vaccine.

Quadrivalent Influenza Vaccine (QIVe) - you should NOT be vaccinated if

- **you have a known allergy to chicken or hens egg products.** See your GP for alternatives.
- **you are ill with a fever on the day of vaccination.**
- **you are aged 65 or over.** This is because the quadrivalent vaccine is NOT the optimal flu vaccination for your age group. See your GP/Pharmacist for alternative.
- **You have had a confirmed anaphylactic reaction to a previous flu vaccination or an allergic reaction to any component of the vaccine.**
- **You are pregnant.** Flu Xpress Ltd is an Occupational Health service provider therefore does not offer the flu vaccination to those who are pregnant. See your GP/Pharmacist for an alternative.

Do I need to notify my GP that I have had a flu vaccination?

You are advised to tell your GP that you have had a flu vaccination, but it is not essential. The choice is yours.

What is Flu?

What is Influenza (flu)?

Influenza (flu) is a viral infection affecting the lungs and airways, flu is different from a cold. Influenza (flu) can cause mild to severe illness. Complications include bacterial pneumonia and can be life threatening especially in older people and those with certain underlying health conditions. Flu occurs most often in winter in the UK and peaks between January and March.

The World Health Organization (WHO) estimates that Worldwide, these annual epidemics are estimated to result in about 3 to 5 million cases of severe illness, and about 290,000 to 650,000 respiratory deaths. In the UK an average of 600 people a year die from complications of seasonal flu.

Symptoms

Flu symptoms can be severe and appear very quickly. The virus attacks the throat, nose and lungs causing high fever, headaches, aching joints, coughs and general tiredness.

How Flu Spreads

Flu viruses spread mainly by tiny respiratory droplets made when people with flu cough, sneeze or talk. These droplets can be ingested in the mouths or noses of people who are nearby. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes. The virus can live for around 24 hours on things such as computer keyboards, handrails, door handles, and so on. Good personal hygiene and cleaning of surfaces can help to prevent the spread of flu

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick. People with flu will be infectious for a day before symptoms develop and for a total period of about a week.

Around 1 in 3 people infected by the flu virus will not show any symptoms, but they can still pass it on to others.