

Fight the flu!

Book your flu jab today

FREE NHS vaccine available*



With the peak season for coughs and sneezes fast approaching, now's the time to take steps to protect yourself from a nasty bout of flu. We can help you fight the flu with the fast, friendly and reliable flu jab service available by a trained Pharmacist at Morrisons Pharmacies.

Want to fight the winter bugs

One of the best ways to try and avoid the flu is to have a flu jab – now available at selected

Morrisons Pharmacies. This vaccine usually contains three strains of the influenza virus commonly circulating over a particular time period. One of the strains included will be the Swine Flu (H1N1) virus – associated with Swine Flu.

Why do you need a flu vaccination?

Flu is a highly infectious illness that can be caused by the flu virus. It is spread through small droplets travelling through the air from coughing and sneezing by an infected person.

Flu vaccines provide effective protection against flu by causing your body's immune system to make antibodies to the flu virus.

When is the best time to get the flu vaccine?

The best time to have the flu jab is autumn, from September to early November.

£8

Flu vouchers
accepted here**

*Subject to availability please speak with a Pharmacy colleague.

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Terms and Conditions apply. Doctorcall, H&G Healthcare and Bupa vouchers accepted.

When and how long are you protected for?

The flu vaccine will cover against Pandemic Swine Flu (H1N1). Once protected with the flu vaccination, it can take 10–21 days before protection commences, however there is still a low risk that you may catch flu.

Protection from the vaccine decreases gradually over time, therefore people are encouraged to be vaccinated every year. For most people, the flu vaccination provides sufficient protection but protection can vary between different people.

How to obtain a flu vaccine

1. The Pharmacist will assess your suitability for the vaccine.
2. If you wish to be vaccinated please pay the charge at the Pharmacy and retain your receipt. Please speak to the Pharmacist if you are eligible for a free vaccine under the NHS. The Pharmacy colleague will then guide you to where you will be vaccinated.

3. You will be vaccinated by a trained Pharmacist. Once you have been vaccinated, please remain within the store for a minimum of 5 minutes.

What are the potential side effects of the flu vaccine?

The flu vaccine does not normally cause side effects, however, sometimes it can cause slight fever, headache, muscle and joint pain and skin reactions. These should disappear untreated within one to two days, so don't panic. Rare reactions include nerve pain and inflammation, numbness, tingling, fits, thrombocytopenia (a blood disorder), vasculitis (inflammation of the blood vessels) and rare nerve disorders.

Very rarely allergic reactions may occur, which may be serious. If any of these do occur, you should seek immediate medical advice.

**For more information on the flu jab or
to download a copy of this leaflet,
visit us online at:**

<https://my.morrisons.com/pharmacy/>