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Influenza Vaccine

Definition

The Influenza Vaccine used each year contains three inactivated flu viruses that protect against three different strains of Influenza virus (one Influenza B and two Influenza A strains).

Description

You are advised to have a flu vaccination if you:

- are 65 years or over
- have a chronic heart or chest complaint including asthma that requires continuous or repeated treatment
- have chronic kidney or liver disease
- have diabetes (type 1 and type 2)
- have a lowered immunity due to disease or treatment such as high dose steroid medication or cancer treatment
- are an individual with Multiple Sclerosis or related neurological conditions
- are an individual with degenerative (progressive) diseases of the central nervous system - check with your Doctor if you are unsure
- are living in a long stay residential care home or facility
- are a recipient of a carer's allowance or are a main carer
- are a provider of health or social care.

The best time to be vaccinated is between late September and early November.

ADVERSE REACTIONS

- Soreness around the vaccination site for up to 2 days. This occurs in approximately 30% of people vaccinated.
- Fever, muscle soreness and generally feeling unwell - these symptoms occur infrequently.
- Allergic reactions - these occur rarely.

PRECAUTIONS

- People with a severe allergy to hens' eggs.
- People who have had a severe reaction to a flu shot in the past and those who previously developed Guillain-Barre syndrome after having a flu shot.
- Pregnant women.
- People with an acute febrile illness.