

Morrisons
PHARMACY



FREE NHS Flu Vaccination*



Flu vouchers accepted here



Private vaccine also available. Fee applies.
Please ask at your Pharmacy counter for more
information and to make a booking.

*Subject to eligibility & availability, please speak with a Pharmacy colleague.

**Terms and Conditions apply. Flu Xpress, H&G Healthcare, BUPA & Healthyperformance vouchers accepted.

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 four strains of the influenza virus commonly circulating over a particular time period.

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?

It's important to get your flu jab as soon as possible to provide maximum protection over the course of autumn & winter seasons.

When and how long are you protected for?

Once vaccinated, 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.

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

How to obtain a flu vaccine

1. If you wish to be vaccinated please speak to a member of the Pharmacy Team. They will be able to advise on availability and your suitability for a flu vaccination.
2. Our suitably trained pharmacy colleagues will let you know if you are eligible for a free NHS flu vaccine, or if a charge applies.
3. You will be vaccinated by a trained Pharmacist. Once you have been vaccinated, please remain in the pharmacy area for a minimum of 5-10 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 side effects are usually mild and should disappear on their own in a day or two. Speak to the Pharmacist if you have any questions about the vaccination or possible side effects.

In the rare event that you have an allergic reaction to the vaccination, our Pharmacists are trained to help with this.

What about the flu jab and COVID-19?

Having a flu vaccine will not interfere with the COVID-19 vaccine.

It is important to be protected against both, to reduce the likelihood of more serious illness.

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

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

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