



let's feel good
together⁺

Winter Flu Vaccination Service

Let's help you stay healthy
this winter

You could be
eligible for a
free
vaccination*



*Vaccination service subject to availability. Selected stores only. A charge of up to €20 may apply. Ask your Boots Pharmacist for details. Eligibility criteria applies

For most people, flu is an unpleasant, but not life-threatening infection. The good news is Boots has a Winter Flu Vaccination Service to help you avoid flu this winter.

So, what am I dealing with?

Fever, headache, sore throat and all-over aches and pains are all symptoms that can be associated with flu. Caused by an existing flu virus, it's a common infection that usually occurs during the winter months.

Why get a flu vaccination?

The current winter flu vaccination is designed to protect against the viruses responsible for causing most cases of flu.

The Boots Winter Flu Vaccination Service is available from late September. To find your nearest participating store, please visit [boots.ie](https://www.boots.ie) or contact our Customer Care team on **1890 708 091***.

The vaccination service will be available while stocks last.

What do I do now?

1. If in store, ask a member of your Healthcare team for the Vaccination Record Form. Fill in your personal details in the patient information sections (Part 1A and 1B), then answer the questions numbered 1 to 5. Your Healthcare team will confirm your eligibility to join the service.
2. If you're eligible to join the service, book your appointment at the Pharmacy counter or through [boots.ie](https://www.boots.ie)
3. Pay for the Boots Winter Flu Vaccination Service at the Pharmacy till, if applicable.

4. Bring your completed form with you to the Pharmacy to receive the winter flu vaccination at the time of your appointment.
5. Stay in the store for 15 minutes after your vaccination, just in case you have any immediate side-effects.

Who should get the winter flu vaccine?

The vaccination is strongly recommended if you're:

- Aged 65 and over
- Someone with a long-term medical condition such as diabetes, heart, kidney, liver, lung or neurological disease
- Someone whose immune system is impaired due to disease or treatment
- Someone with a Body Mass Index (BMI) over 40
- Pregnant (the vaccine can be given at any stage of pregnancy)
- A resident of a nursing home or another long-stay institution
- A healthcare worker
- A carer
- Someone with regular close contact with poultry, waterfowl or pigs

2 *Any time between 9am and 7pm (Monday to Friday), 8.45am and 5pm (Saturday to Sunday) and 9am to 4pm on public holidays. Local rates apply for all calls and we may record your call in order to help us maintain high standards of service to you

Who should NOT get the winter flu vaccine?

You shouldn't have the vaccine if you have a history of severe allergic reaction to a previous vaccine or any of its constituents.

Will there be a charge for getting the winter flu vaccine through the Pharmacy?

- If you're 18 and over and vaccination is strongly recommended for you (see previous page) and you have a Medical card, Doctor Visit card or HAA* card, you're entitled to receive the winter flu vaccine and consultation **free of charge from your Pharmacist**
- If you're 18 and over and vaccination is strongly recommended for you (see previous page), or you simply wish to protect yourself this winter, but you don't have a Medical card, Doctor Visit card or HAA* card, you can get the winter flu vaccination from your Pharmacist, but a fee will apply

If you're unsure about your eligibility for a free vaccination, ask your Boots Pharmacist.

Customer advice

With your permission, we'll inform your Doctor that you've been vaccinated, so they can update your medical records. This is important as the vaccine should not be duplicated.

- Being vaccinated is likely to provide effective protection against this year's strain of the winter flu virus. However, there will still be a small chance of you catching flu
- After vaccination, it takes 10-21 days to be protected against flu. You cannot catch flu from a flu vaccination
- Blood tests for HIV, hepatitis C and HTLV1 should not be taken for two weeks following vaccination because there's a possibility of a false positive result

- On rare occasions, anaphylaxis may occur. Anaphylaxis is a serious allergic reaction with symptoms that may include an itchy rash, swollen mouth and throat and a drop in blood pressure.[†] If this happens, we have procedures in place to deal with this condition
- If you're concerned about any aspects of your vaccination or about any side-effects, you should talk to your Pharmacist immediately
- If you have a condition that affects your immune system or are taking any long-term medicines for such a condition, and this is the first time you've received a flu vaccine, you'll need a second dose in 4 weeks' time

To give you the most protection from catching winter flu, it's recommended you receive the winter flu vaccination every year. Even if you were vaccinated last year, you should still get your vaccine this year. Contact your Boots Pharmacist for more information.

Side-effects

Occasionally people develop side-effects after a winter flu vaccination. Most of the possible side-effects are not serious and will disappear on their own in a day or two.

- Most common side-effects can include fever, feeling unwell, shivering, fatigue, headache, sweating, muscle and joint pain and skin reactions such as redness, swelling, pain, bruising and hardening of the skin at the injection site
- Rare reactions include severe allergic reactions, nerve pain and inflammation, numbness, tingling, fits, thrombocytopenia (a blood disorder), vasculitis (inflammation of the blood vessels) and rare nerve disorders. Seek medical advice if you experience any of these

*Health Amendment Act 1996

†Source: BootsWebMD.com/allergies/guide/anaphylaxis

Your opinion is important to us

We're always keen to know what you think of our service. If you have any comments, please tell our Pharmacy team. Alternatively you can call our Customer Care team on 1890 708 091 (local rates, calls may be recorded for training purposes) between the hours of 8.30am to 7pm Monday to Friday, 8.45am to 5pm on Saturday and Sunday and 9am to 4pm on public holidays.

You and Boots. Let's feel good together.

Our fully trained team are on hand in store to give you advice and help.

Some products may only be available in selected larger stores, and are subject to stock availability.

All details in this leaflet are correct at time of going to print – August 2015.

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For shopping, advice and information visit boots.ie



1000177034/W HL 1a (2015/16)/02.09.15-29.09.15

