

Vantage Pharmacy

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Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

Your FREE Healthy Living Leaflet for September 2021

QUIZ

1. Name three flu symptoms?
2. What is the difference between flu and a cold?
3. How can you treat flu?
4. Will antibiotics help?
5. When should you call 999 or go to A&E?
6. How can I reduce the risk of spreading flu?
7. Why should I get the flu vaccine?
8. How effective is the flu vaccine?
9. How long does the vaccine take to work?
10. When is the best time to get vaccinated?



Speak to a member of our team and book your flu jab today!

Answers on the bottom of page two

As we come out of lockdown and tend to be less cautious about social distancing and wearing masks, the annual flu season is likely to be more severe. So, it is important you recognise the symptoms, know how to treat it and how to stop it spreading.

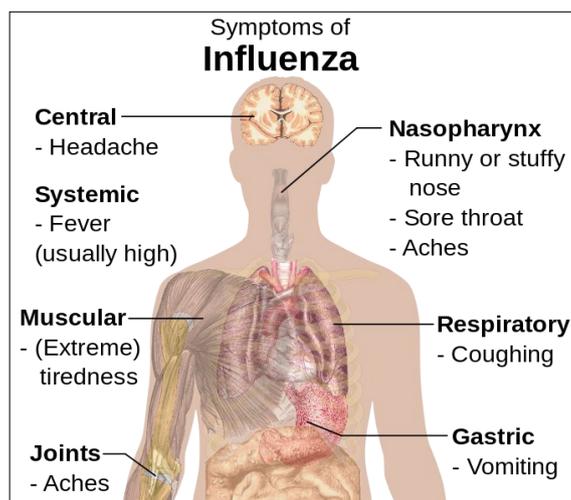
Flu will often get better on its own, but it can make some people seriously ill. The symptoms of flu are:

- A sudden high temperature of 38°C or above
- An aching body
- Feeling tired or exhausted
- A dry cough
- A sore throat
- A headache
- Difficulty sleeping
- Loss of appetite

- Diarrhoea or tummy pain
- Feeling sick or being sick.

The symptoms for children are similar but they can also get pain in their ears and appear less active.

What is the difference between cold and flu?



Flu and cold have similar symptoms but flu tends to be more severe. Cold symptoms appear gradually while flu symptoms appear quickly within a few hours. A cold mainly affects your nose and throat while flu has more symptoms and though a cold makes you feel unwell you are OK to carry on as normal, but the flu makes you feel

exhausted and too unwell to carry on as normal.

How can you treat flu?

- Rest and sleep
- Keep warm
- Take paracetamol or ibuprofen
- Drink plenty of water.

If you are between 18 and 64 with no underlying conditions your local pharmacist, should be able to advise you on how best to treat either a cold or the flu however you should contact NHS 111 if:

- You are worried about your baby's or child's symptoms
- You are 65 or over.
- You are pregnant.
- You have a long- term medical condition, for example diabetes or a heart, lung, kidney or neurological disease.
- Your symptoms do not improve after 7 days.

You can also make an urgent appointment with your GP but they will not prescribe antibiotics because they do not destroy viruses so they will not relieve your symptoms or speed up your recovery.

You should call 999 or go to A&E if you develop sudden chest pain, have difficulty breathing or start coughing up blood.

What is the best way to prevent spreading flu?

Flu is very infectious and easily spread to other people. You are more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- Wash your hands often for at least 20 seconds with warm water and soap
- Use tissues to trap germs when you cough or sneeze



- Bin the used tissues as quickly as possible

Flu Vaccinations

The flu vaccination is a safe and effective vaccine. It helps protect against the main types of flu and if you do still catch it, the infection is likely to be milder and shorter. It's offered every year on the NHS to help protect people at risk of flu and it's complications. The best time to have the flu vaccination is in the autumn before flu starts spreading. It takes 10 to 14 days to work. Flu vaccination is especially important this year because:

- If you are at higher risk for coronavirus, you are also more at risk of problems with flu
- If you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
- It'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus

The people who can have a free flu vaccine are;

- All children aged 2 to 15 on 31st August 2021
- Those aged 6 months to under 50 in clinical at-risk groups
- Anybody over 50 including those who will be 50 by 31st March 2022
- Pregnant
- In a long stay nursing home
- Receive a carer's allowance or are the main carer for an older or disabled person who may be at risk if you get sick
- Close contacts of immunocompromised individuals
- Front line health or social workers.

If you would like more information or to book a vaccination, talk to one of our trained staff



Answers: Q1, Sudden high temperature of 38°C or above, aching body, feeling exhausted, dry cough, sore throat, headache, difficulty sleeping, loss of appetite, diarrhoea, feeling sick. Q2, Flu appears quickly, it affects more than just your nose and throat, it makes you feel so exhausted you can't carry on as normal. Cold appears gradually, affects mainly your nose and throat and makes you feel unwell but you can still carry on. Q3, Rest and sleep, keep warm, take paracetamol or ibuprofen and drink plenty of water. Q4, No because they will not kill off a virus so will not relieve your symptoms or speed up your recovery. Q5, If you develop sudden chest pain, have difficulty breathing, start coughing up blood. Q6, Wash your hands often, use tissues when you cough or sneeze and bin the tissues quickly. Q7, The reduce the risk of problems and to help ease the pressure on the NHS. Q8, It helps protect against the main types of flu and if you do still catch it, the infection is likely to be milder and shorter. Q9, 10 to 14 days. Q10, In the autumn before flu starts spreading.