



Influenza Fact Sheet



FluClinic2You



What is the flu?

- Flu is the common term for the influenza virus, a highly contagious virus that causes respiratory diseases and other complications.
- The influenza virus usually spreads across the UK between September and March each year.
- Every year the virus becomes more resistant by altering its genetic makeup. This means that circulating strains of the virus change from year to year.
- The most common symptoms of the flu are coughing, sneezing, a blocked and runny nose, fever, chills, headaches, joint pain, muscle pain and extreme fatigue. In severe cases, patients may require hospitalisation and there have been rare cases of permanent disability and even death.

Catching the flu

- The flu virus is an airborne disease and can be very contagious.
- It spreads through respiratory secretions usually as a result of coughing, sneezing and sharing food or drink.
- You can also get the flu by touching objects or surfaces contaminated with the virus and then touching your mouth, nose and eyes.

Preventing the flu

Simple ways of preventing catching the flu virus include:

- Washing your hands regularly with soap and warm water. This is especially important after contact with someone who is sick, after spending time with large groups of people and after contact with surfaces in public places.
- Keeping shared surfaces clean.



The Flu Vaccine

The best way to avoid catching and spreading the flu is by getting the flu vaccine. The flu vaccine highly reduces the risk of catching the flu and can also reduce the severity of symptoms. Vaccinations are available from September - it is best to get the vaccine as early as possible. It is important to get the flu vaccine every year because the influenza virus changes meaning that last year's vaccine may not protect you.

Are there any side effects associated with the flu vaccine?

There is a common misconception that the flu vaccine causes the flu. The flu vaccines used by FluClinic2You are made from an inactive version of the virus meaning that it cannot actually cause the flu. Sometimes people may experience some side effects including mild fever and muscle aches, however, these should subside within two or three days.

Is there any reason I can't have the vaccine?

- An allergy to any of the vaccination ingredients including an egg allergy.
- If you feel unwell on the day it is best not to get the vaccine.

At FluClinic2You we understand that it can sometimes be difficult to find the time to get the vaccine at your GP or local pharmacy during working hours.

We provide a mobile service. We come to you at a convenient time for you. Our team is made up of a team of pharmacists with the expertise to provide vaccinations and answer any medical queries.



Got a question? Let's chat.

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