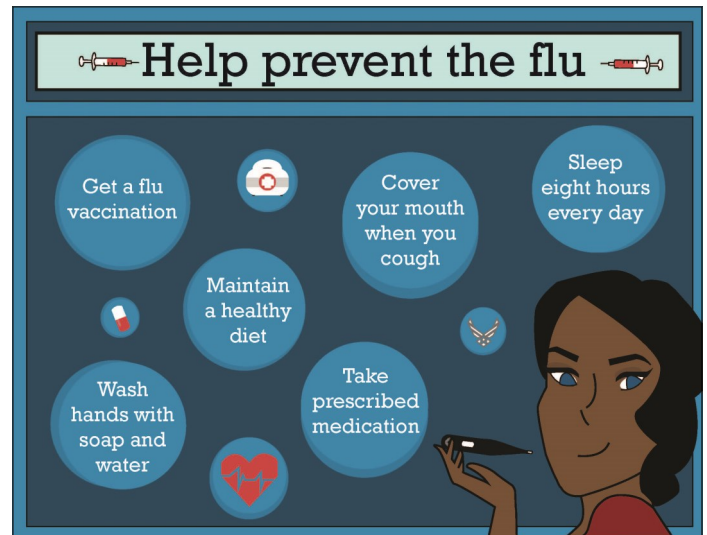


## Opening Times

Monday too Friday 9am - 6.30pm  
Saturday 9am - 4.00pm  
Closed for Lunch 1pm - 2pm  
Closed Sundays and Bank Holidays

## Your FREE Healthy Living Leaflet for October 2020

1. What is herd immunity?
2. What percentage need to be immune?
3. How do people become immune?
4. How do vaccines work?
5. Are vaccines safe?
6. Why are vaccines safe?
7. What is in a vaccine?
8. What is a "live" vaccine?
9. What is a "killed" vaccine?
10. Who should be vaccinated?



Answers on the bottom of page two

### The importance of vaccination

Vaccines are the most important things we can get to protect ourselves and our children against ill health. They also protect other people in your community by helping stop the spread of diseases to people who cannot have vaccines. Vaccines work by teaching your immune system to create antibodies that protect you from a disease. It is much safer for your immune system to learn this through vaccination, than by catching the disease. Vaccines are safe because they have been thoroughly tested to make sure they will not harm you or your child.



### What is a vaccine?

The main ingredient of any vaccine is a small amount of bacteria, virus or toxin that has been weakened or destroyed in a laboratory first. This means there is no risk of healthy people catching a disease from the vaccine. Vaccines are called "live" or "killed". Live vaccines contain viruses or bacteria that have been weakened and cannot be given to people with a weakened immune system. They provide long term protection. Killed vaccines contain viruses or bacteria that have been destroyed so they can be given to people with a weakened immune system, but you often require several doses or a booster vaccine for full protection.

## Herd immunity

Recently there have been discussions about “herd” immunity. This occurs when enough people are vaccinated or have recovered from an infection so it becomes harder for the disease to spread to those people who cannot have vaccines.

A large proportion of people must be immune for “herd” immunity to be successful. Depending on how contagious the diseases is, between 70% and 95% of people must have immunity. For example, with measles and mumps if 95% of children receive the MMR vaccine it is possible to get rid of measles but if only 90% are vaccinated measles, mumps and rubella can spread quickly.



## Flu vaccination

Flu is an unpredictable virus that can be unpleasant but if you are otherwise healthy, it will usually clear up on its own within a week or two. However, it can cause severe illness and even death among vulnerable groups, including older people, pregnant women and people with an underlying health condition. These people are advised to have a flu vaccine each year.



This year it is more important than ever that these groups are vaccinated against normal flu because the scientists are anticipating the Covid19 pandemic will surge in the autumn on top of the usual annual flu viruses circulating.

## Who should be vaccinated?

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This helps to protect them against catching flu and developing serious complications. You should have a flu vaccine if you:

- ◆ Are over 65 years old
- ◆ Are pregnant
- ◆ Have chronic respiratory disease, heart disease, kidney disease, liver disease, neurological conditions, diabetes, problems with your spleen, weakened immune system, have a BMI of more than 40.
- ◆ Are living in a long- term care facility
- ◆ Receive a carer’s allowance or are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.



**For more information or to book a flu injection call us and remember to book early as this year will be busy.**

Answers: Q1, This happens when most of a population are immune to a disease and so can protect those people that are not. Q2, Depending on how contagious the disease is between 70% and 95%. Q3, Either by catching the disease and recovering or being vaccinated against it. Q4, They teach your immune system to create antibodies that protect you from the disease. Q5, It’s much safer for your immune system to learn through vaccination than by catching the disease and trying to fight it off. Q6, Because they are thoroughly tested to make sure they will not cause harm. Q7, The main ingredient of any vaccine is a small amount of bacteria, virus or toxin that has been weakened or destroyed in a laboratory first. Q8, Live vaccines contain weakened viruses or bacteria, cannot be given to people with weakened immune system but will give long term protection. Q9, This contains virus or bacteria that has been destroyed so it can be given to people with a weakened immune system, but needs several doses or a booster for full protection. Q10, People over 65, are pregnant, have certain medical conditions, are living in a long stay care facility, are the main carer for an elderly or disabled person.