

Autumn 2023 Vaccine Guide & FAQ

This guide will give you the answers to frequently asked questions and information regarding the Hollies Autumn 2023 vaccine programme as outlined by the UK Health Security Agent.



THE HOLLIES AUTUMN IMMUNISATIONS

We are pleased to be able to offer both the Flu and Covid-19 vaccine this autumn and you if you are eligible will be invited soon if we have not already been in touch.



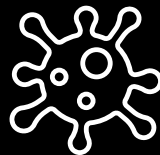
ELIGIBILITY

COVID-19 and Flu is more serious in older people and in people with certain underlying health conditions. Anyone 65 years + or considered vulnerable are eligible.



FLU VACCINE

Flu vaccines help protect against the main types of flu viruses. It works by teaching your body's immune system how to protect itself from flu. You have to get vaccinated every year because flu viruses are constantly changing. A different vaccine is made every year to ensure the best protection against flu. So it is very important to attend the clinic as requested.



COVID-19 VACCINE

The Covid-19 vaccines work in the same way as the flu vaccines by teaching your body's immune system how to protect itself from covid-19.

You will be given a vaccine made by Pfizer, Sanofi or Moderna. Some vaccines are updated forms of the vaccines used in previous campaigns and produce slightly higher levels of antibody against some strains of Omicron.

For a very small number of people, another vaccine product may be advised by your doctor.



Please accept the vaccination that is offered to you as soon as you are able to – it is important to have your vaccine to build up your protection against severe illness before the winter.



CLINICS WILL BE HELD AT

The Hollies Medical Practice
at Tamworth Health Centre



For more information about the practice, please visit our website:

<https://holliesmedical.co.uk/>

More information and FAQ

Flu Vaccine

Who is being offered an autumn Flu vaccination?

People aged 65 years and over, those in care homes, and those aged 6 months and over in clinical risk groups, those who care for vulnerable individuals and families of individuals with weakened immune systems. Pregnant women and children aged 2 or 3 years on 31 August 2023.

When will I be offered an appointment?

We are contacting our eligible patients by text and this will be from September up until December, with those at highest risk being called in first.

Can I have the Covid-19 Jab at the same time?

If you are eligible for a covid-19 vaccine, you will be offered this at the same time – if not please go ahead anyway, you can catch up with the other vaccine later.

How effective is the flu vaccine?

Vaccination gives the best protection against flu. Flu vaccines help protect against the main types of flu viruses, although there's still a chance you might get flu. If you do get flu after vaccination, it's likely to be milder and not last as long. Having a flu vaccine may help stop you spreading flu to other people who could be more at risk of serious problems from flu. It can take 10 to 14 days for the flu vaccine to work.

Which vaccine will I be offered?

Every year the [JCVI](#) reviews the [latest evidence](#) on flu vaccines and advises the type of vaccine to be offered to different age groups. A list of [all influenza vaccines marketed in the UK](#) (including details of ovalbumin content) is available on GOV.UK.

Please accept the vaccination that is offered to you as soon as you are able to – it is important to have your vaccine to build up your protection against severe illness before the winter.

Who should not have the flu vaccine?

Most adults can have the flu vaccine, but you should avoid it if you have had a serious allergic reaction to a flu vaccine in the past.

You may be at risk of an allergic reaction to the flu vaccine injection if you have an egg allergy. This is because some flu vaccines are made using eggs.

Ask a GP or pharmacist for a low-egg or egg-free vaccine.

If you're ill with a high temperature, it's best to wait until you're better before having the flu vaccine.

Common side effects:

- Tenderness, swelling and/or redness at the site of the injection.
- Headache, muscle aches., fever (temperature 38°C or above)
- *You can rest and take paracetamol (follow the dose advice in the packaging) to help you feel better.*

Covid-19 Vaccine

Who is being offered an autumn Covid-19 vaccination?

People aged 65 years and over, those in care homes, and those aged 6 months and over in clinical risk groups, those who care for vulnerable individuals and families of individuals with weakened immune systems.

When will I be offered an appointment?

We are contacting our eligible patients by text and this will be from September up until December, with those at highest risk being called in first.

How long after my most recent Covid-19 vaccine will I have to wait?

You should have your vaccine at least 3 months after your last dose of vaccine.

Can I have the Flu Jab at the same time?

If you are eligible for a flu vaccine, you will be offered this at the same time – if not please go ahead anyway, you can catch up with the other vaccine later.

Which vaccine will I be offered?

You will be given a vaccine made by Pfizer, Sanofi or Moderna. Some vaccines are updated forms of the vaccines used in previous campaigns and produce slightly higher levels of antibody against some strains of Omicron. As we cannot predict which variants of COVID-19 will be circulating this winter, the Joint Committee on Vaccination and Immunisation (JCVI) have concluded that any of these updated vaccines can all be used in adults. So you will be offered the right vaccine for you at the right time.

Who cannot take up the offer of an autumn vaccine?

There are very few people who should not have this vaccine. If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.

Can you still catch COVID-19 after having the vaccine?

The COVID-19 vaccine will reduce the chance of you becoming severely unwell from COVID-19 this winter. It may take a few days for your body to build up some extra protection from the vaccine. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but any infection should be less severe. If you have not had all your vaccinations if you have not been vaccinated before or if you missed a previous booster you should still go ahead – you will not need another dose.

If you have a COVID-19 positive result, when can you have your autumn vaccination?

If you are unwell, wait until you have recovered to have your vaccine. There is no need to wait four weeks after having had COVID-19, provided you are well. **You should not attend a vaccine appointment if you think you could be infectious to others.**

Please accept the vaccination that is offered to you as soon as you are able to – it is important to have your vaccine to build up your protection against severe illness before the winter.

Covid-19 side effects continued...

Common side effects:

As with your previous dose, the common side effects are the same for all COVID-19 vaccines, including the vaccines being used this autumn, and include:

- Having a painful, heavy feeling and tenderness in the arm where you had your injection – this tends to be worst around 1 to 2 days after the vaccine
- Feeling tired, headache, general aches or mild flu-like symptoms

You can rest and take paracetamol (follow the dose advice in the packaging) to help you feel better.

Although a fever can occur within a day or two of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and you may need to have a test. Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, you can call NHS 111 or for textphone use 18001 111. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. See below QR code page for details.

If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.

Serious side effects:

Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after both the Pfizer and Moderna COVID-19 vaccines. These cases have been seen mostly in younger men and within several days of vaccination. Most of the people affected have felt better and recovered quickly following rest and simple treatments.

You should seek medical advice urgently if, after vaccination, you experience:

Chest pain shortness of breath feelings of having a fast-beating, fluttering or pounding heart If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.

You can also report suspected side effects on the Yellow Card website or by calling 0800 731 6789 (9am to 5pm Monday to Friday) or by downloading the Yellow Card app
www.mhra.gov.uk/yellowcard



Please support your practice so we can continue to deliver vaccination programmes in the future.



How you can help?

- Book your appointment as soon as you receive your text invitation.
- Turn up on time for appointment. Please do not come too early because this creates queue issues.
- Have both jabs on the same day if offered to save time for you and the practice.

PLEASE DO NOT ATTEND IF YOU HAVE A FEVER AND SYMPTOMS OF EITHER FLU OR COVID-19

For more in depth information regarding the Autumn 2023 vaccination programme please click the following links:

[Flu vaccines: 2023 to 2024 flu season](#)

[A guide to the COVID-19 autumn programme](#)