

Myths busted: Do you know your flu facts?

There's a lot of flu myths going around. Here are the most important facts you need to know this winter

'I've heard that the flu vaccine can actually GIVE you the flu...'

This is not true. The adult vaccine contains inactivated (ie, dead) flu viruses, so this isn't possible. Reactions are incredibly rare but some people may get a slight temperature, sore arm or aching muscles, but not flu.

'It's just for children and pensioners, isn't it?'

No, and it's vital that anyone who is pregnant, aged 2-10, has a long term condition or is aged 65 and over gets vaccinated as soon as vaccines are available, unless a GP has advised otherwise. If that's you, it's FREE from your GP or local pharmacist.

'I just had a course of antibiotics so I should be fine.'

Antibiotics are not a cure for flu – flu is caused by viruses and antibiotics only fight bacteria.

'I regularly take vitamin C...'

There is no evidence to prove that vitamin C will prevent you getting the flu. The best known protection we have against flu is the vaccine.

'I got vaccinated last year so I should be OK.'

The viruses that cause flu usually change every year, so new vaccinations are made every year in order to be able to adapt to changing flu strains. So the best defence against flu is to get the vaccine every year.

For more info, search 'NHS flu vaccine'



**HELP US
HELP YOU**

STAY WELL THIS WINTER

Test yourself: How can your pharmacist help you?

Prescriptions are just the start, there are a number of other important services that you can expect from your local pharmacist. Did you know about all of these?

Did you know pharmacists train for a minimum of five years? They can help you with lots of minor illnesses, from skin rashes to earaches and flu.

Did you know pharmacists are experts in medicine and can advise on medication use and side effects? If your symptoms suggest something more serious is going on, they'll make sure you get the treatment you really need from a GP or other healthcare professional.

Did you know many pharmacies are open in the evenings and over the weekend? Some even stay open during public holidays.

Did you know many pharmacists have a private consultation room and can offer advice on a range of different topics in a private environment.

Did you know you can take any unwanted or left over medicines to your pharmacy to be disposed of safely? It's estimated that £90 million of unused prescriptions are being stored in homes across the UK and while the best way to cut waste is to only order what you need, it's safer to return most unwanted medicines to pharmacies rather than put them in the household waste.

For more information search 'NHS Pharmacy advice'



**HELP US
HELP YOU**

BEFORE IT GETS WORSE