Oaks Healthcare
26 -30 London Road
Cowplain
Waterlooville
Hampshire
PO8 8DL

Tel: 023 9226 3138

Website: www.oakshealthcare.nhs.uk
Email: hiowicb-hsi.oakshealthcare@nhs.net

Influenza Patient Information Sheet

What is influenza?

Influenza (flu) is a contagious viral infection that mainly affects the nose, throat and lungs. It can cause fever, cough, sore throat, headache, muscle aches and tiredness.

Flu can be more serious in older adults, young children, pregnant people, and people with certain long-term health conditions. Vaccination is the best way to reduce the risk of developing influenza and its complications.

Is there an influenza vaccine?

The influenza vaccine helps your immune system recognise and fight influenza viruses. Flu vaccines are updated regularly because the viruses that circulate can change.

The vaccine cannot give you influenza.

Protection develops over approximately two weeks after vaccination and is not guaranteed to prevent every case of influenza. However, vaccination can reduce the risk of serious illness and complications.

You must disclose the following to the vaccinator administering your influenza vaccine, so they can assess whether it is appropriate to vaccinate:

• You have previously had a serious allergic reaction to an influenza vaccine or any of its ingredients.

• You have had a severe allergic reaction (anaphylaxis) to a previous vaccine.

• You are currently unwell or have a high temperature.

• You have previously experienced Guillain-Barré syndrome, particularly if it occurred after vaccination.

• You have any condition, allergy or medication that you think may be relevant to vaccination.

• You are pregnant, planning pregnancy, or breastfeeding, if relevant to your circumstances.

Possible side effects of the influenza vaccine include:

• Soreness, redness or swelling where the injection was given

• Headache

• Muscle aches

• Tiredness

• Mild fever or feeling generally unwell

These symptoms usually settle within a few days.

Serious allergic reactions are very rare but can occur after vaccination. Vaccination providers are trained to recognise and manage serious allergic reactions.

Seek urgent medical attention if you develop symptoms of a severe allergic reaction, such as difficulty breathing, swelling of the face or throat, widespread rash, or collapse.

If you have concerns about a reaction following vaccination, contact a healthcare professional.

Before receiving your influenza vaccination, you must read, understand and confirm the following:

• Vaccination can reduce my risk of influenza and influenza-related complications.

• No vaccine provides 100% protection.

• I may still develop influenza after vaccination.

• The vaccine may cause side effects, most of which are mild and temporary.

• Serious reactions are possible but uncommon or very rare.

• The healthcare professional has had an opportunity to answer my questions.

By attending your vaccine appointment, you confirm that you have read and understood the information provided above.

You understand the benefits and potential risks of influenza vaccination and consent to receive the influenza vaccination.

If you have any questions or concerns a healthcare professional can discuss this with you prior to your vaccination.

Thank you for your cooperation,

The Oaks Healthcare team

Dr S Cooper, Dr A Renton, Dr W Teo and Dr K Sharrock
26-30 London Road Cowplain Waterlooville Hampshire PO8 8DL

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Spikevax (Covid-19) Patient Information Sheet

What is Spikevax?

Spikevax is a COVID-19 vaccine made by Moderna. It is an mRNA vaccine designed to help your immune system recognise and respond to the virus that causes COVID-19.

Vaccination can reduce the risk of serious illness, hospitalisation and death from COVID-19.

Who can receive Spikevax?

A vaccinator will check that Spikevax is appropriate for you based on your age, health circumstances, previous COVID-19 vaccinations and current UK vaccination recommendations.

You must inform the vaccinator if any of the following statements apply to you:

- Have had a serious allergic reaction to a previous COVID-19 vaccine or any of its ingredients.
- Have previously experienced myocarditis or pericarditis following a COVID-19 vaccination.
- Are currently unwell or have a fever.
- Have a bleeding or clotting disorder or take medicines that affect blood clotting.
- Are pregnant, think you may be pregnant, or are breastfeeding.
- Have received another vaccine recently.
- Have had COVID-19 recently.
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How is Spikevax given?

Spikevax is given as an injection into the muscle of the upper arm.

Your vaccinator will confirm which dose is appropriate for you before vaccination.

What are the common side effects of Spikevax?

Most side effects are mild and improve within a few days. They may include:

· Pain, redness or swelling where the injection was given

· Tiredness

· Headache

· Muscle or joint aches

· Chills or fever

· Nausea

· Swollen glands

You may wish to rest and drink plenty of fluids if you feel unwell.

Seek urgent medical attention if, particularly within a few days after vaccination, you develop symptoms such as:

· Chest pain

· Shortness of breath

· A feeling that your heart is beating unusually fast, fluttering or pounding

These can be symptoms of myocarditis or pericarditis, which are rare inflammatory conditions affecting the heart.

A severe allergic reaction is also very rare. Vaccination services have procedures in place to manage this.

What happens after the vaccination?

You should remain at the vaccination site for the period advised by the vaccination service.

If you experience a serious or unexpected reaction, seek medical advice.

Suspected side effects can be reported through the UK's Yellow Card Scheme.

Before receiving the vaccine, you should have the opportunity to:

- Ask questions about the vaccine.
- Discuss any concerns or relevant medical conditions with the vaccinator.
- Receive information about the expected benefits and possible risks.

By attending your vaccine appointment, you confirm that you have read and understood the information provided above.

You understand the benefits and potential risks of Spikevax vaccination and consent to receive the Spikevax vaccination.

If you have any questions or concerns a healthcare professional can discuss this with you prior to your vaccination.

Thank you for your cooperation,

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