

## How do I book an appointment?

To ensure that there is a specially trained Pharmacist available to see you for the consultation, please book an appointment online by visiting [boots.com/menb](https://boots.com/menb)

You can also visit your local Boots Pharmacy where your Healthcare team can arrange an appointment for you in a Pharmacy offering the service. The second vaccination will be booked in store for you after you've had the first.

## Where can I find out more?

You may find the below useful:

[nhs.uk/vaccinations](https://nhs.uk/vaccinations) – more information about the Men B vaccination

[meningitisnow.org](https://meningitisnow.org) – funding research, building awareness and providing crucial patient support

[meningitis.org](https://meningitis.org) – a body funding research into meningitis prevention, detection and treatment



## BootsWebMD.com

Let's get health information we can trust

Go online to [BootsWebMD.com](https://BootsWebMD.com) to access lots of useful information about a wide range of healthcare and wellness topics, plus you can sign up to free e-newsletters.

With content reviewed by Doctors and Healthcare professionals, you can be certain of getting trustworthy health news, features and tools.

For the latest information on meningitis vaccination, go to [BootsWebMD.com](https://BootsWebMD.com) and search 'meningitis'.



let's feel good together

# Meningitis B Vaccination Service

Let's help protect you and your family

Men B causes more cases of meningococcal meningitis than any other type\*

## You and Boots. Let's feel good together.

Our fully trained staff are on hand in store to give you advice and help. Or you can contact our Customer Care Helpline on **03450 708090** (local rate, calls may be recorded for training purposes) between the hours of 8.30am and 7pm Monday to Friday and 8.45am and 5pm Saturday and Sunday.

The service may be available in selected larger stores only and may be subject to stock availability.

All details are correct at time of going to print September 2017.

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# Meningitis is a serious infection which causes the membranes lining the brain and spinal cord (meninges) to become inflamed

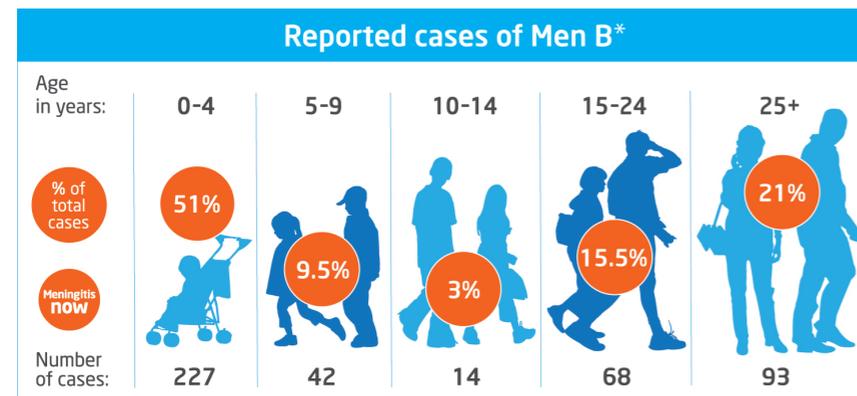
## So, what do I need to know?

There are many causes of meningitis, but the most common are bacteria and viruses. Meningococcal (Men) bacteria are the most common cause of bacterial meningitis in the UK, and can cause both meningitis and septicaemia (blood poisoning). There are five main groups and Men B is the most common (accounting for over 55% of reported cases of meningococcal meningitis\*). Bacterial meningitis can be life threatening – although most people will make a good recovery, some could be left with severe after-effects.

Meningococcal bacteria usually live harmlessly in the back of the throat of about 10% of the population. The bacteria are passed from person to person by coughing, sneezing and intimate kissing. Occasionally, they can enter the bloodstream and cause serious illness.

## Number of reported cases of Men B

Meningitis can affect all ages and is particularly prevalent in infants and young adults.



Reproduced with kind permission from Meningitis Now.

## What are the symptoms of meningitis?

Every case is different – while there are lots of symptoms, they don't always appear in every person, and there's no specific order.

### Meningitis

- Severe headache
- Sensitivity to bright lights
- Neck stiffness
- Nausea and vomiting
- Confusion and drowsiness
- Loss of consciousness
- Convulsions/seizures

### Septicaemia

- Fever with cold hands and feet
- Joint or muscle pain
- Rapid breathing/grunting
- Stomach cramps and diarrhoea
- Red/purple rash, spots or bruises that don't fade under pressure

## How is it caught?

The bacteria can spread to people through prolonged close contact – for example within families – probably by coughing, sneezing or kissing.

## Who is at risk?

Meningococcal disease occurs most commonly in infants and young children. The next most vulnerable group is teenagers and young adults because of increased social mixing at these ages, leading to increased spreading of the bacteria. But it's important to know the signs and symptoms listed above as meningitis and septicaemia can strike at any age, with 21% of cases of meningococcal disease due to Men B reported in those aged 45 and over.\*

## Is there a vaccine to help protect against Men B?

In September 2015, the NHS introduced the Men B vaccine as part of the routine childhood immunisations programme in the UK, with vaccinations given at 8 weeks, 16 weeks and one year of age. Vaccinating babies helps protect them when they're most at risk of developing Men B.

Boots fully supports the NHS decision to vaccinate this most vulnerable age group. We also recognise that some people may want to consider vaccination for themselves or their children, but they're outside the age range for the NHS programme. For this reason, we provide a private Meningitis B Vaccination Service in over 350 Boots Pharmacies for adults and children aged 2 and over.†

The Boots Meningitis B Vaccination Service doesn't replace the need for the free NHS Men ACWY vaccination.\*\* We advise any young person who is entitled to the NHS vaccination to contact their doctor if they haven't already had it or been invited to have it.

\*PHE 2017 (England data), Jan-March 2017

†Subject to availability. Eligibility criteria and charges apply

\*\*Currently given to teenagers as part of their usual vaccination schedule; 'catch up' programme currently in place for those under 25 – ask your Pharmacist or Doctor for details

## Who is the Boots Meningitis B Vaccination Service suitable for?

- The service is suitable for adults and children aged 2 and above
- There are very few people who are not eligible for the Boots service and your Pharmacist will check suitability during the consultation

## Are there any side-effects?

Although side-effects are common, they're usually mild – such as fever (a temperature greater than 37.5°C) in children aged 10 years and under, and a headache and/or joint pain in those aged 11 years and upwards. A sore or red patch on the arm, where the injection has been given, is also common.

Your Boots Pharmacist will ask you to wait behind for five minutes after the injection, just in case there are any immediate adverse reactions. But it's also a good idea to have a thermometer and paracetamol at home to keep an eye on things and bring a high temperature down if needed. Paracetamol can also help with headaches and joint pain too.

In some individuals, rare side-effects can happen. For more information about these, take a look at the Patient Information Leaflet. Your Pharmacist will also talk to you about possible side-effects, prior to vaccination.

## What happens at the appointment?

The Pharmacist will ask a few questions to check that the service is suitable for you or your child. If suitable, then two vaccinations will be given – either a minimum of 8 weeks apart for those aged 2-10 years, or a minimum of 4 weeks apart for those aged 11 upwards. It's given in the upper arm on both occasions, so it's helpful to wear short or loose sleeves that can be rolled up, to make things easier. If a child is being vaccinated, it's important to approach the procedure in a calm way, as young children can be nervous about vaccinations, and to leave plenty of time before the appointment. Why not look at our helpful video at [boots.com/menb](https://www.boots.com/menb) to see what to expect.

## Meningitis now

Boots will donate £1 to Meningitis Now for every person we vaccinate

Registered Charity number for England and Wales 803016 and Scotland SC037790

## What does it cost?

£110 per vaccination

A course of two vaccinations is required, so the total cost is £220. You can earn Boots Advantage Card points for using the Boots Meningitis B Vaccination Service\*