

What happens at the appointment?

Your Pharmacist will tell you more about the service, including how the vaccination will be given. This is also your chance to ask the Pharmacist any questions you may have about the vaccination. Your Pharmacist will be happy to discuss this with you as they are there to help.

We advise that you wear loose-fitting or short-sleeved clothing for your vaccination appointment.

It is important that you remain in the Pharmacy for 5 minutes after your vaccination as advised by your Pharmacist. This is just in case you have any immediate side-effects. Please let the Pharmacy team know if you start to feel at all unwell during this time.

The vaccination shouldn't affect your ability to drive, but we advise you to avoid driving immediately afterwards if you feel unwell or if your arm is very sore or stiff.

How do I book an appointment?

To ensure that there is a specially trained Pharmacist available to see you for the consultation, please book your appointment online by visiting

boots.com/pneumonia

You can also visit your local Boots Pharmacy where our Pharmacy team can arrange an appointment for you in a participating Pharmacy.

Where can I find out more?

You can find useful information at the following:

- nhs.uk/vaccinations – a wealth of information about the pneumococcal vaccination
- boots.com/pneumonia – useful information about the Boots Pneumonia Vaccination Service. You can also book your appointment here



Pneumonia Vaccination Service

Over 18?

The Boots Pneumonia Vaccination Service is now available for people aged 18 and over in over 2,000 Boots Pharmacies that also offer the Winter Flu Jab Service.

This way, you can usually have both vaccinations at the same time.* Ask in store for details or visit boots.com/pneumonia

*Eligibility criteria and charges apply, subject to availability



let's feel good
together⁺

Pneumonia Vaccination Service

Let's help protect against
pneumococcal pneumonia

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.

Products 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
June 2018

Boots UK Limited
Nottingham, England
NG2 3AA

4125107/HL 13b (2017/18)/15-08-2018/14-08-2019

Pneumonia is an infection that can cause serious illness and even death. It affects around 1 in 100* adults in the UK each year and is most common in autumn and winter

So what do I need to know?

Pneumonia is caused by an infection that irritates the lungs, causing them to become inflamed and swell up with fluid. The most common cause of pneumonia is an infection due to bacteria called Streptococcus pneumoniae, also known as pneumococcus.

Pneumonia can spread from person to person through coughing and sneezing and affects around 1 in 100 adults in the UK each year. It is most common in autumn and winter.

- It can affect anyone, but increases with age, especially if you have a medical condition such as heart disease or diabetes
- It's one of the most common causes of death due to infection in men and women
- It can increase the risk of having a heart attack as well as worsening existing heart failure

What are the symptoms of pneumonia?

Symptoms can develop suddenly over 24 to 48 hours, or they may come on more slowly over several days. **Recovery can take up to 3 months.**[†]

Common symptoms include:

- A cough, which may be dry or chesty, with thick yellow, green, brown or blood-stained mucus (phlegm)
- Difficulty breathing
- Rapid heartbeat
- Fever
- Sweating and shivering
- Chest pain

Over 221,000 adult hospital admissions are due to pneumonia and around 1 in 5 cases occur in adults under 65**

*nhs.uk/conditions/pneumonia/pages/introduction.aspx

†nhs.uk/conditions/pneumonia/treatment

**NHS Digital, Hospital Episode Statistics for England Admitted Patient Care statistics, 2016-17 Data for pneumonia (all causes)

How is it caught?

Streptococcus pneumoniae bacteria enter the body through the nose and mouth, and an infection can be spread in the same way as a cold or the flu.

- Direct contact – for example, coughs or sneezes
- Indirect contact – for example, touching an object or door handle that's been touched by an infected person, then transferring the bacteria to your nose or mouth

Pneumococcal infections can happen in environments where there are many people who have poor immune systems such as care homes for the elderly, therefore it is important to protect yourself and others around you.

Am I at risk?

Pneumonia can affect anyone, but some people are more at risk of catching it. Risk factors include:

- Increasing age – the risk is more pronounced in older adults
- Smoking – not only is the risk of catching pneumonia greater, but it can be more serious in people who smoke
- Other health conditions, including diabetes, heart disease or respiratory diseases, such as asthma or chronic obstructive pulmonary disease (COPD)
- A weakened immune system

Why choose Boots?

Boots offers a private Pneumonia Vaccination Service that protects against 13 of the most common strains of Streptococcus pneumoniae bacteria.

The key benefits of our vaccination service are:

- A single vaccination enhances the **immune response** and provides **long-lasting protection** against pneumococcal pneumonia
- The vaccination can be administered at **any time of the year** and can reduce risk for travellers going to countries which have higher levels of pneumococcal infections*
- The vaccination can be given at the same time as other vaccinations e.g. the flu vaccination

People aged 65 and over are also eligible for a free NHS pneumonia vaccination. If you're over 65 and haven't already had the NHS vaccination, speak to your doctor about having this. It's a different type of vaccination to the one used in the Boots service so you may want to consider having both to further increase your protection against pneumonia.[†]

*Ferreira D, et al. Experimental human pneumococcal carriage models for vaccine research. Trends Microbiol. 2011;19(9):464-70
†Under 65s with a long term condition such as diabetes may also be eligible for a free NHS pneumonia vaccination See www.nhs.uk/conditions/vaccinations/pages/pneumococcal-vaccination.aspx or ask your doctor for more information. The Boots Pneumonia Vaccination Service does not replace the need for the NHS vaccination.

Who is the Boots Pneumonia Vaccination Service suitable for?

The Boots service is suitable for those **18 and over***

The Boots Pneumonia Vaccination Service may not be suitable if you:

- Have ever had a reaction to any previous injection or vaccination
- Have a medical condition that affects your immune system. Talk to your Pharmacist who can advise if the service is suitable for you
- Have a fever on the day of the appointment. In this case, your vaccination will be postponed until you've recovered
- Have had a pneumonia vaccination in the last 12 months

Are there any side-effects?

Everybody's different and while some people may get some side-effects, others may get none at all. Very common side-effects around the site of the injection include:

- Pain and tenderness
- Swelling
- Redness

Other common side-effects include headaches, diarrhoea, decreased appetite, rash, muscle and joint aches, chills, fatigue, limitation of arm movement, vomiting and fever. Less common side-effects include feeling sick, allergic reactions and swollen lymph glands near the injection site.

In the rare event that an allergic reaction occurs at the time of the injection, the Pharmacist is trained to deal with this.

If you have any concerns about any side-effects or aspects of your vaccination, please talk to one of our Pharmacists.

How much does the service cost?

The service costs £70 and only **one vaccination is needed for long-term protection.**

You can earn Boots Advantage Card points with this service.

*Subject to eligibility criteria. Available in selected Boots stores. Charges apply