

## How do I book an appointment?

To find out which stores offer this service, visit [boots.com/storelocator](http://boots.com/storelocator)  
You can also book online at [boots.com/menb](http://boots.com/menb)  
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](http://nhs.uk/vaccinations) – a wealth of information about the meningitis B vaccination

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

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



Don't forget, your  
Boots Healthcare  
team is always on  
hand to answer  
your questions



## BootsWebMD.com

Let's get health information  
we can trust

Go online to [BootsWebMD.com](http://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 the Meningitis B vaccination go to [BootsWebMD.com](http://BootsWebMD.com) and search 'meningitis B'.




## 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 August 2016.

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NG2 3AA

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# Meningitis B Vaccination Service

Let's help protect them



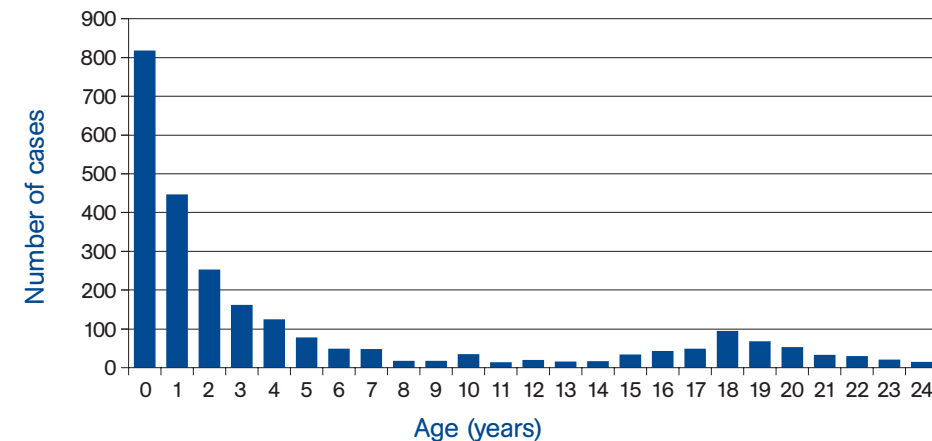
# Meningitis is a serious infection which causes the membranes which line the brain and spinal cord (meninges) to become inflamed.

## 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 MenB is the most common. Bacterial meningitis can be life threatening – although most people will make a good recovery, many will be left with debilitating after-effects.

Meningococcal bacteria usually live harmlessly in the back of the throat of about 10% of the population. Occasionally, they are able to break through the protective lining of the throat, enter the bloodstream and cause serious illness.

## Number of reported cases of meningitis B



Source: NHS Public Health England data 2010-2014  
BootsWebMD.com/children/guide/understanding-meningitis-basics

## 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
- Dislike of 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 meningitis and septicaemia can strike at any age, so it's important to know the signs and symptoms listed above.

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

In September 2015, the NHS introduced the MenB vaccine as part of the routine childhood immunisations programme in the UK, with vaccinations given at 2, 4 and 12 months of age. Vaccinating babies helps protect them when they're most at risk of developing meningitis B.

Boots fully supports the NHS decision to vaccinate this most vulnerable age group. We 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. At Boots, we're able to provide a private vaccination service for those between 2 and 21 years of age in selected stores.\*

\*Charges apply

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

- The service is suitable for those between 2 and 21 years of age
- There are very few children or young people in this age group who are not eligible for the Boots service and your Pharmacist will check suitability during the consultation in store

## 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 or talk to your Boots Pharmacist.

## What happens at the appointment?

If you or your child is eligible, two vaccinations will be given\* – either a minimum of two months apart for those aged 2-10 years, or a minimum of one month apart for those aged 11 upwards. It's given in the upper arm on both occasions, so it's helpful to wear loose or short sleeves that can be rolled up, to make things easier. If a child is being vaccinated, it's important to treat the procedure in a calm, matter-of-fact way, as young children can be nervous about vaccinations, and to leave plenty of time before the appointment.

**Meningitis  
NOW**

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

Registered Charity number for England and Wales 803016 and Scotland SC037790

\*Charges apply