

## 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 Healthcare 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](http://boots.com/pneumonia)

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

## Where can I find out more?

You may find the below useful:

- [BootsWebMD.com](http://BootsWebMD.com) – lots of useful information about a wide range of healthcare and wellness topics
- [nhs.uk/vaccinations](http://nhs.uk/vaccinations) – a wealth of information about the pneumococcal vaccination
- [boots.com/pneumonia](http://boots.com/pneumonia) – useful information about the Boots Pneumonia Vaccination Service. You can also book your appointment here



## 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 pneumonia go to [BootsWebMD.com](http://BootsWebMD.com) and search '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.

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Nottingham, England  
NG2 3AA

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let's feel good

# Pneumonia Vaccination Service

Let's help protect against  
pneumococcal pneumonia

# Pneumonia is an infection that can cause serious illness and even death. It affects around 8 in 1,000\* adults in the UK each year and is most common in autumn and winter

## So what do I need to know?

Pneumonia is the swelling of the tissue in one or both lungs. It's usually caused by bacteria called Streptococcus pneumoniae which can also cause septicaemia and meningitis. A pneumococcal vaccination can help to protect you from getting the disease.

## What are the symptoms of pneumonia?

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

Symptoms may vary depending on the type of pneumococcal infection you are suffering from.

## 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?

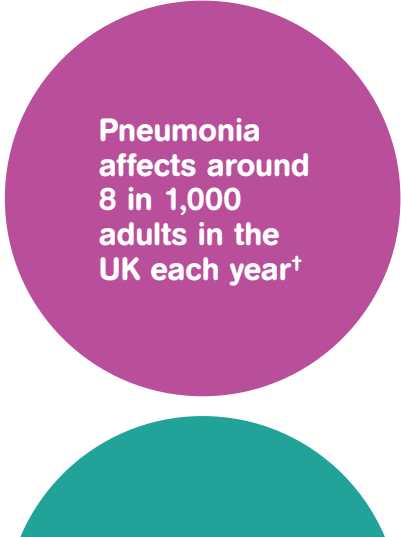
The risk of catching pneumonia increases with age. If you're under 50 with no long-term conditions, then the risk is quite low. But the risk increases from the age of 50, especially if you have a medical condition such as heart disease or diabetes. That's why we're offering this service to those aged 50 and over.

## Is there a vaccination to help protect against pneumonia?

Currently there are two different pneumonia vaccinations available in the UK. The vaccination offered in the Boots Pneumonia Vaccination Service provides protection against some of the most common strains of the Streptococcus pneumoniae bacteria.

The NHS pneumonia vaccination also protects against common strains of Streptococcus pneumoniae, but it is a different type of vaccination to the one used in the Boots service. The Boots service does not replace the need for the free NHS vaccination if you're eligible for this,\* for example, if you're aged 65 or over or have a long-term health condition such as diabetes.

If you think you may be eligible for the NHS vaccination but haven't already had it, ask your Pharmacist or Doctor for more information.



Pneumonia affects around 8 in 1,000 adults in the UK each year†

\* Please visit [nhs.uk/vaccinations](https://nhs.uk/vaccinations) for more information on long-term illnesses eligible for the free NHS pneumococcal vaccination

† [nhs.uk/conditions/pneumonia/pages/introduction.aspx](https://nhs.uk/conditions/pneumonia/pages/introduction.aspx)

## Who is the Boots Pneumonia Vaccination Service suitable for?

The Boots service is suitable for those **aged 50 years 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 in people aged over 50 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.

Your Pharmacist will provide you with the Patient Information Leaflet (PIL) which includes more information about the vaccination and the possible side-effects.

## How much does the service cost?

The service costs £70 and only 1 vaccination is required.

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