

PRESTON PARK SURGERY

Vaccination Newsletter

www.prestonparksurgery.co.uk

A warm welcome to our special August edition. In this edition we focus on vaccinations and child immunisations.

Saturday Morning Flu Clinics

at Preston Park Surgery

21st September, 5th October,

12th October, 26th October

Don't underestimate the risks of flu



Consider having your flu jab at the Surgery and support us.

Although the flu jab is being offered by many alternative providers this year, your GP surgery is still a great place to have this done:

- We provide a Safe medical environment with the reassurance of an excellent team of health Care Professionals to hand
- We have direct access to your medical record
- We can check for any other vaccinations you may be entitled to
- We can update your personal details if required
- We can record directly into you notes

Did you know we receive a payment for every single flu jab we give to our patients. The income from our flu clinics helps us to fund other clinical services in the surgery. Please support your GP surgery by considering having your flu jab here.

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Why Vaccines are important

- Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent up to 3 million deaths worldwide every year.
- Since vaccines were introduced in the UK, diseases like smallpox, polio have been eradicated.
- However if people stop having vaccines, it's possible for infectious diseases to spread quickly again.
- The World Health Organisation (WHO) recently listed vaccine hesitancy as one of their top 10 biggest threats to global health.
- Vaccine hesitancy is where people with access to vaccines delay or refuse vaccination.

How Vaccines work

- Vaccines teach our immune system how to create antibodies that protect us from diseases.
- It's much safer for our immune system to learn through vaccination than by catching the diseases and treating them
- Once our immune system knows how to fight a disease, it can often protect you for many years.

Why vaccines are safe

- All vaccines are thoroughly tested to make sure they will not harm you or your child
- It often takes many years for a vaccine to make it through the trials and tests it needs to pass for approval
- Once a vaccine is being used in the UK, it's also monitored for any rare side effects by the Medicines & Healthcare Products Regulatory Agency (MHRA).

FLU VACCINATIONS 2019

Flu Vaccination provides the best protection against an unpredictable virus which infects many people and can cause serious illness and death each year. The vaccination is free and recommended yearly for those most at risk.

Don't underestimate the risks of flu.

Who should get the flu vaccine?

- Adults 65 and over
- Pregnant women
- Anyone living with a long term medical condition, for example: diabetes, asthma, COPD, heart, kidney or liver conditions, brain or nervous system conditions, immune system or spleen conditions
- Children aged 2 and 3
- Children in primary school
- People with caring responsibilities

In 2019 there are 3 different types of flu vaccine:

For patients aged between 18 & 64

A quadrivalent injected vaccine (which protects against 4 strains of flu). This is for adults aged 18 and over, but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine.

For patients aged 65 and over

An adjuvanted injected vaccine.

This is for people aged 65 and over. Adjuvants work to boost our immune response to a vaccine and make it more effective and long-lasting. The amount of adjuvant used in a vaccine is very small and has been shown to be safe, although they can be associated with minor reactions, such as a small lump or redness at the injection site.

For Children and young adults aged 2 to 17 years

A live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people aged 2 to 17 years eligible for the flu vaccine

If your child is aged between 6 months and 2 years old and is in a high-risk group for flu, they will be offered an injected flu vaccine as the nasal spray is not licensed for children under 2.

Pneumococcal Vaccine Overview

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine.

Who should have the pneumococcal vaccine?

A pneumococcal infection can affect anyone but some people are at higher risk of serious illness.

- Adults aged 65 or over
- Babies
- Children and adults with certain long-term health conditions such as a serious heart or kidney condition.

People aged 65 and over only need a single pneumococcal vaccination. Babies receive 3 doses of pneumococcal vaccine at 8 weeks, 16 weeks and 1 year. People with a long term health condition may need just a single one-off vaccination or a vaccination every 5 years depending on their underlying health problem.

Shingles Vaccine Overview

A vaccine to prevent shingles, a painful skin disease is available on the NHS to people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

What is shingles?

Shingles, also known as herpes zoster, is a very painful skin rash caused by the reactivation of the chickenpox virus in people who have previously had chickenpox. It begins with a burning sensation in the skin, followed by a rash of very painful fluid filled blisters that can then burst and turn into sores.

Who's most at risk of shingles?

People tend to get shingles more often as they get older, especially over the age of 70 and the older you are the worse it can be. The shingles rash can be extremely painful and the pain can often linger long after the rash has disappeared.

Childhood Immunisations Overview

Vaccination is the most effective way to prevent infectious diseases.

IMPORTANT

Be aware that anti-vaccine stories are spread online through social media.

They may not be based on scientific evidence and could put your child at risk of serious illness.

Things you need to know about child immunisations

Do

- ✓ Protect your child from many serious and potentially deadly diseases
- ✓ Protect other children in your community by helping to stop diseases spreading to people who cannot have vaccines
- ✓ Get safety tested for years before being introduced & are monitored for side effects
- ✓ Reduce or even get rid of some diseases

Don't

- × Do not cause autism – studies have found no evidence of a link between the MMR vaccine and autism
- × Do not overload or weaken the immune system – it's safe to give children several vaccines at a time and this reduces the amount of injections they need
- × Do not cause allergies or any other conditions – all the current evidence tells us that vaccinating is safer than not vaccinating

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MEASLES

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Measles and mumps are starting to appear again in England and over the last few months there has been a resurgence of these diseases in Brighton.

What is measles?

Measles is a very infectious viral illness that is spread by coughs and sneezes. Symptoms include fever, sore red eyes and a rash. It can be a very serious infection for some people. Further complications can occur in certain groups including people with weakened immune systems, babies under one year old and pregnant women. These complications can include chest & ear infections, fits, diarrhoea, encephalitis and brain damage.

What is mumps?

Mumps is a viral illness that is spread by coughs and sneezes or close contact with someone who already has the infection. Symptoms usually last around 2 weeks. Complications of mumps can be very painful. Most cases of mumps now occur in young adults who haven't had two doses of the MMR vaccine.

What is rubella?

Rubella is a viral illness, often called German measles. It is spread in a similar way to mumps and measles and symptoms include a rash, cold like symptoms and aching joints that gets better in 7 to 10 days. However, if pregnant women develop rubella it can be very serious for their unborn baby.

1 One Vaccine

The MMR vaccine is a single injection that is administered into the thigh of young children or the upper arm of older children or adults. It is a live vaccine which means that it contains weakened versions of measles, mumps and rubella viruses. These have been weakened enough to produce immunity without causing disease.

2 Two Doses

The MMR vaccine gives long lasting protection with just two doses of the vaccine. The first dose is given at the age of 12 months and the second dose is given at around three years and four months. Having both doses gives long lasting protection against measles, mumps and rubella. In adults and older children the two doses can be given with a one month gap between them.

3 Three Infections

The MMR vaccine protects against the three infections; measles, mumps and rubella. These are viral infections that can quickly spread to unprotected children and adults – they spread more easily than flu or the common cold.

>>> Long-lasting Protection

The MMR vaccine is the safest and most effective way to protect you against MMR. Since the vaccine was introduced in 1988, these conditions have become rare however MMR is making resurgence.

Speak to your GP or Practice Nurse if;

- You're worried about your child having a vaccine
- You're not sure your child can have a vaccine

You should also ask a health visitor any questions you have about vaccines.