



JAGUAR LAND ROVER SEASONAL FLU VACCINATIONS 2022

FREQUENTLY ASKED QUESTIONS

The flu virus occurs every year, usually in the winter, which is why it's sometimes called 'seasonal flu'. It is a highly infectious illness which spreads rapidly in closed communities and is one of the biggest causes of short-term illness and absence from work. The best way to avoid catching and spreading flu is by having the vaccination before the flu season starts.

This document contains information about the seasonal flu vaccine and the flu vaccine voucher scheme run by Healthy Performance on behalf of Jaguar Land Rover.

Please note new or updated questions and answers have been highlighted in red for ease.

The seasonal flu vaccination

<p>What is flu?</p>	<p>Flu is an acute viral infection of the respiratory tract. A bad bout of flu is much worse than a heavy cold and can have serious complications for some people with underlying health conditions. Flu symptoms usually develop very quickly with the most common symptoms being fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. In most cases, the symptoms are quite mild, but can lead to more serious complications for some at risk people, resulting in hospital admission. By preventing the spread of flu infection through vaccination, secondary bacterial infections such as pneumonia can be prevented.</p>
<p>What are the benefits of flu vaccination?</p>	<p>Anyone can get the flu, even the young, fit and healthy. The UK government estimates that an average of 8,000 sufferers die from the flu virus in the UK each year. Getting vaccinated increases protection to the public and particularly those classed as vulnerable. It not only protects people who have received the vaccine but also protects those in the higher risk groups who suffer with serious complications:</p> <ul style="list-style-type: none"> ▪ Older people over the age of 65 years (the NHS have extended this to over 50s this year) ▪ Young children ▪ Pregnant women ▪ Those managing chronic conditions including diabetes, asthma or heart disease ▪ Those being treated for a health condition that suppresses the immune system.
<p>What strains are covered in a seasonal flu vaccine?</p>	<p>The viruses that cause flu can change every year, as such we need a vaccination that matches the new viruses each year. The vaccine usually provides protection for the duration of that year's flu season. The World Health Organization (WHO) makes its recommendations annually for the composition of Northern and Southern Hemisphere seasonal flu vaccines.</p> <p>The WHO recommends that quadrivalent vaccines for use in the 2022-2023 influenza season in the northern hemisphere contain the following:</p> <p>Egg-based vaccines:</p> <ul style="list-style-type: none"> • an A/Victoria/2570/2019 (H1N1)pdm09-like virus; • an A/Darwin/9/2021 (H3N2)-like virus; • a B/Austria/1359417/2021 (B/Victoria lineage)-like virus; and • a B/Phuket/3073/2013 (B/Yamagata lineage)-like virus.



	<p>Cell culture- or recombinant-based vaccines</p> <ul style="list-style-type: none"> • an A/Wisconsin/588/2019 (H1N1)pdm09-like virus; • an A/Darwin/6/2021 (H3N2)-like virus; • a B/Austria/1359417/2021 (B/Victoria lineage)-like virus; and • a B/Phuket/3073/2013 (B/Yamagata lineage)-like virus. <p>The WHO recommends that trivalent vaccines for use in the 2022-2023 influenza season in the northern hemisphere contain the following:</p> <p>Egg-based vaccines</p> <ul style="list-style-type: none"> • an A/Victoria/2570/2019 (H1N1)pdm09-like virus; • an A/Darwin/9/2021 (H3N2)-like virus; and • a B/Austria/1359417/2021 (B/Victoria lineage)-like virus. <p>Cell culture- or recombinant-based vaccines</p> <ul style="list-style-type: none"> • an A/Wisconsin/588/2019 (H1N1)pdm09-like virus; • an A/Darwin/6/2021 (H3N2)-like virus; and • a B/Austria/1359417/2021 (B/Victoria lineage)-like virus <p>*May be subject to change by World Health Organization You can find out more about specific vaccinations available in the UK here.</p>
<p>Are there any side effects?</p>	<p>People report having mild reactions to a flu vaccination. The most common side effects are soreness, redness, tenderness or swelling where the injection was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur, they usually begin soon after the vaccination and last 1 to 2 days but will pass. None of the flu vaccines contains live viruses so they cannot cause flu. If you are unwell after vaccination, you may have something else. Or you may have caught flu before your vaccination had worked.</p>
<p>Who should not have a flu vaccine?</p>	<ul style="list-style-type: none"> • The flu vaccine is usually egg-based. As such if you suffer from egg allergies and intolerances you could develop a reaction and should speak to your GP or pharmacist • Those who are allergic to neomycin, formaldehyde and octoxinol-9 • Those over 65 years of age should speak to their GP as a slightly different vaccine may be offered • If you are ill with a fever, it's best to delay your flu vaccination until you have recovered • There's no need to delay your flu vaccine if you have a minor illness with no fever, such as a cold.
<p>How long after the vaccination will I be protected?</p>	<p>It takes approximately 14 to 21 days to establish optimum vaccine protection from the day the flu vaccine is administered. This will give several months' protection at a time when you are most susceptible to the virus (December to March).</p>



Is the vaccine 100% effective?	The flu vaccine gives the best protection against flu. Flu vaccines help protect against the main types of flu viruses, although there's still a chance you might get flu. If you do get flu after vaccination, it's likely to be milder and not last as long. Having the flu vaccine will also stop you spreading flu to other people who may be more at risk of serious problems from flu.
What about other ways to prevent the spread of flu?	All of the hygiene measures we have become familiar with to help prevent the spread of Covid 19 will also help prevent the spread of flu. Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu: <ul style="list-style-type: none"> • wash your hands often with warm water and soap • use tissues to trap germs when you cough or sneeze • bin used tissues as quickly as possible
Is there a difference between the NHS job and this vaccine?	No. Over-65s may be offered a slightly different type of vaccination, but this is the case for NHS and private vaccinations

Covid 19

How do I book a vaccine for Coronavirus (COVID-19)	Vaccines for COVID-19 are managed by the NHS. You can find more information here or contact your GP.
Will the vaccine stop me getting Covid 19?	No, the seasonal flu vaccine won't stop you getting coronavirus. Flu vaccination is important because: <ul style="list-style-type: none"> • if you're at higher risk from coronavirus, you're also more at risk of problems from flu • if you get flu and coronavirus at the same time, you may be more seriously ill • It'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus

The flu voucher scheme

Where can I use my flu voucher?	You can use your voucher at Tesco, Sainsbury's, Morrison's, Lloyd's, Well, and several independent pharmacies too.
If I'm eligible for a free jab from the NHS, why should I get that instead of applying for a voucher through Jaguar Land Rover?	If you are eligible for a free vaccine on the NHS, you are likely to be prioritised and have a shorter time to wait for an appointment. The NHS have worked hard to secure sufficient quantities of vaccinations for those who need them the most. This is the right course of action but has meant that there is reduced availability this year for those who are not covered by the NHS. So unnecessarily claiming a voucher through this Jaguar Land Rover scheme will reduce access to the privately purchased stocks and make it harder for people who aren't eligible for a free vaccine from the NHS to get one.
Can I claim a voucher for someone else?	No. This scheme is only open to UK Jaguar Land Rover employees and is limited to one voucher per employee.
Can I use claim a voucher if I am an agency or contract worker	No. This scheme is only open to UK Jaguar Land Rover employees
Can I take time off work to get the vaccination?	No, the pharmacies where you can redeem the voucher are typically open outside of normal working hours so you will need to make an appointment in your own time.



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<p>What personal data is collected and how is it used?</p>	<p>No data is collected by Jaguar Land Rover. By taking part in this scheme, you share data with Healthy Performance. You can read about their privacy policy here</p>
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