



## JAGUAR LAND ROVER SEASONAL FLU VACCINATIONS 2023

### Voucher Scheme

#### 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.

Seasonal flu vaccination remains a critically important public health intervention and a key priority for 2023 to 2024 is to reduce morbidity, mortality and hospitalisation associated with flu at a time when the NHS and social care will be managing winter pressures whilst continuing to recover from the impact of the COVID-19 pandemic. (GOV.UK, 2023)

This document contains information about the seasonal flu vaccine and the on-site flu vaccine scheme run by Healthy Performance on behalf of JLR.

#### The seasonal flu vaccination 2023-2024

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| What is flu?  | 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.   |
| Who is eligible for a Flu vaccination voucher within JLR? | The flu vaccination scheme is open to all core JLR Employees. You can get a vaccination on site whether you are eligible for a free vaccination through the NHS or not, however there is no need to have more than one flu vaccination in a flu season. You can check your eligibility for a vaccination through the NHS here.<br><br>Please note that the NHS criteria has changed from all those aged 50 and over in 2022-2023 to all those aged 65 and over in 2023-2024. This does not impact JLR employees who wish to receive their vaccinations onsite or via a pharmacy through our voucher system  |
| What are the benefits of flu vaccination?                 | Anyone can get the flu, regardless of age and health status or absence of any long-term health conditions. New interim analysis, from the UK Health Security Agency (UKHSA) indicates that excess deaths in England associated with flu infection were higher (14,500) than the average figure (13,500) for the 5 years before the pandemic. 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. <ul style="list-style-type: none"><li>• are 65 and over (including those who will be 65 by 31 March 2024)</li><li>• have certain health conditions</li><li>• are pregnant</li><li>• are in long-stay residential care</li><li>• receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick</li></ul> |

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|  | <ul style="list-style-type: none"> <li>live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis</li> </ul> <p>Those who meet this criteria will be invited by the NHS to receive their vaccination</p>   |
| <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 2023-2024 northern hemisphere influenza season contain the following:</p> <p>Egg-based vaccines</p> <p>an A/Victoria/4897/2022 (H1N1)pdm09-like virus;<br/> an A/Darwin/9/2021 (H3N2)-like virus; and<br/> a B/Austria/1359417/2021 (B/Victoria lineage)-like virus; and<br/> a B/Phuket/3073/2013 (B/Yamagata lineage)-like virus.</p> <p>Cell culture- or recombinant-based vaccines</p> <p>an A/Wisconsin/67/2022 (H1N1)pdm09-like virus;<br/> an A/Darwin/6/2021 (H3N2)-like virus;<br/> a B/Austria/1359417/2021 (B/Victoria lineage)-like virus; and<br/> a B/Phuket/3073/2013 (B/Yamagata lineage)-like virus.</p> <p>WHO recommends that trivalent vaccines for use in the 2023-2024 influenza season in the northern hemisphere contain the following:</p> <p>Egg-based vaccines</p> <p>an A/Victoria/4897/2022 (H1N1)pdm09-like virus;<br/> an A/Darwin/9/2021 (H3N2)-like virus; and<br/> a B/Austria/1359417/2021 (B/Victoria lineage)-like virus.</p> <p>Cell culture- or recombinant-based vaccines</p> <p>an A/Wisconsin/67/2022 (H1N1)pdm09-like vi;<br/> an A/Darwin/6/2021 (H3N2)-like virus; and<br/> a B/Austria/1359417/2021 (B/Victoria lineage)-like virus</p> <p>*May be subject to change by World Health Organization<br/> You can find out more about specific vaccinations available in the UK <a href="#">here</a></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. More information can be found here: <a href="#">NHS</a> and <a href="#">Influenza: the Green Book</a></p>  |

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| <p>Who should not have a flu vaccine?</p>                  | <ul style="list-style-type: none"> <li>• 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 and you should also ensure that you inform the administering practitioner of this or any other allergies.</li> <li>• Those who are allergic to neomycin, formaldehyde and octoxinol-9</li> <li>• Those aged 65 and over should speak to their GP as a slightly different vaccine may be offered such as the QIVr or QIVc vaccine which are the recommended vaccines for this age group.</li> <li>• For vaccination of adults aged 18 to less than 65 years of age in an at-risk group, JCVI advises the use of the following vaccines:<br/>             Quadrivalent influenza cell-culture vaccine (QIVc)<br/>             Quadrivalent recombinant influenza vaccine (QIVr)<br/>             The quadrivalent influenza egg-culture vaccine (QIVe) can also be considered for use in this age group if other options are not available.”</li> <li>• If you are ill with a fever, it’s best to delay your flu vaccination until you have recovered</li> <li>• There’s no need to delay your flu vaccine if you have a minor illness with no fever, such as a cold.</li> <li>• If you are vegan you may wish not to receive the flu vaccine (as it is egg-based) onsite.</li> </ul> |
| <p>How long after the vaccination will I be protected?</p> | <p>It takes approximately 10 to 14 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>   |
| <p>Is the vaccine 100% effective?</p>                      | <p>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.</p>   |
| <p>What about other ways to prevent the spread of flu?</p> | <p>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.</p> <p>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:</p> <ul style="list-style-type: none"> <li>• wash your hands often with warm water and soap</li> <li>• use tissues to trap germs when you cough or sneeze</li> <li>• bin used tissues as quickly as possible</li> </ul>  |

**The flu voucher scheme**

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| <p>Where can I use my flu voucher?</p>   | <p>You can use your voucher at multiple supermarket pharmacies and several independent pharmacies too. Please use the pharmacy finder tool</p>   |
| <p>If I'm eligible for a free jab from the NHS, why should I get that instead of applying for a voucher through JLR?</p> | <p>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. If you are eligible for a free vaccination, claiming a voucher through this JLR scheme is not advised as it will reduce access to the privately purchased stocks and may make it harder for people who aren't eligible for a free vaccine from the NHS to get one.</p> |

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| Can I claim a voucher for someone else?                        | No. This scheme is only open to UK JLR 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 JLR 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.  |
| What personal data is collected and how is it used?            | No data is collected by JLR. By taking part in this scheme, you share data with Healthy Performance. You can read about their privacy policy <a href="#">here</a> |