



## JAGUAR LAND ROVER SEASONAL FLU VACCINATIONS 2023

### 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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| <b>What is flu?</b>                                | 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. |
| <b>Who is eligible for vaccination within JLR?</b> | <p>The on-site flu vaccination scheme is open to 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.</p> <p>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</p>  |
| <b>What are the benefits of flu vaccination?</b>   | 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.   |

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|   | <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> <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><b>What strains are covered in a seasonal flu vaccine?</b></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> |

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|   | <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><b>Are there any side effects?</b></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>  |
| <p><b>Who should not have a flu vaccine?</b></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><b>How long after the vaccination will I be protected?</b></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><b>Is the vaccine 100% effective?</b></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>  |

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| <p><b>What about other ways to prevent the spread of flu?</b></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> |
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### The on-site flu scheme

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| <p><b>Who is eligible for the flu vaccine?</b></p>                                     | <p>The on-site flu vaccination scheme is open to JLR Employees including contractors and agency staff. 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 <a href="#">here</a></p> <p>Please note that if you are pregnant it is advised that you seek vaccination via your GP/ Midwife as the provider is not covered for this group of individuals.</p>  |
| <p><b>Which vaccine will JLRs provider be administering onsite?</b></p>                | <p>The QIVe vaccine Quadrivalent Influenza Vaccine, egg-grown.</p>   |
| <p><b>How do I get approval from my manager to book a vaccination appointment?</b></p> | <p>Prior to booking an appointment, speak to your manager about which of the available slots would be suitable for your team's work pattern. If your role requires cover for your release to attend your appointment, you can book your appointment through the booking portal once you have agreed on a time that you can be released with your manager.</p> <p>Please ensure you consider the time required to walk to and from the vaccination clinic location when discussing with your manager.</p> <p>Failure to gain approval from your manager may result in you being unable to attend your appointment, and the slot being wasted.</p> |
| <p><b>Who can make an appointment?</b></p>   | <p>Flu vaccinations is available to all JLR Employees. Friends and family will be able to either receive their vaccination through the NHS if they are eligible or pay for a vaccine at high street pharmacies across the UK.</p>  |
| <p><b>How do I cancel my appointment for a flu vaccination?</b></p>                    | <p>When you receive your booking confirmation, you will receive either an email or text depending on your preferred communication method. In this conformation message, there will be a link to cancel your appointment. Please note that the calendar entry will need to be deleted manually.</p> <p>If you need to cancel an appointment, please do so as quickly as possible so another colleague can book that slot.</p>   |

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| <b>I was unable to book an appointment. What should I do?</b> | Appointments are limited on each site and are booked on a first come, first served basis. Further dates may be made available at your site depending on demand, and vouchers for flu vaccinations at high street pharmacies will be available in the coming weeks. If are eligible for a free vaccination from the NHS, you can book an appointment with your GP or at a high street pharmacy. |
| <b>What personal data is collected and how is it used?</b>    | No data is collected by JLR. By taking part in this scheme, you share data with Healthy Performance/Flu Xpress. You can read about their privacy policy <a href="#">HERE</a>   |