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The influenza is our best defense against the flu which kills thousands of people in the UK every year. The NHS has a free flu vaccination program for people over 65 years of age, children and other vulnerable groups. People who are not eligible for a free vaccination can still protect yourself by getting a private vaccination from their pharmacist, usually for less than £ 10..re there are only few people who are not able to get the vaccination at all. You can use the concealer patient eligibility influence access to find out if you are able to get vaccinated and book your jab.We influence talked for medical specialties and medical journalist Dr. Patricia Macnair to answer some common questions on how to obtain ' The influence jab.Can I Jab influence if you are not without recourse? "It depends on how much you are good," said MacNair. "If you only have a cold or sniffles, is not a problem to get the flu vaccine, but if you have a fever or are no longer that you should neglect your © As long as vaccinations are no better or your fever is established." The problem with Getting a flu shot while you're not bad with more than a minor illness is making it more difficult to tell if you have a bad reaction to the vaccine. It could also mean that you have a longest recovery time from your illness or that the vaccine ends up not being effective because © your body is already producing antibodies to fight your current infection. If you're really good, it is worth seeking further advice prior to booking Your flu shot. "If you have a major illness that requires specialized treatment, you may want to check with your doctor before," said MacNair I'm on antibiotics? Usually taking antibiotics should not stop you get the flu vaccine, according MacNair. "However, if you just started antibiotics and fever from infection yet, then you should postpone the vaccine," she says. If you're taking other medications, you may be wondering if they could interact with the vaccine. "There are a number of medicines that can affect the effectiveness of, or be influenced by, the flu vaccine. These include steroids, phenytoin (for seizures) and drugs used for autoimmune disorders, as well as some over-the treatments -counter, vitamins and herbal products," says Macnair.A also, if you are taking the anticoagulant drug warfarin, your INR blood test reading can be affected by the flu vaccine. For this reason, it is likely that your pharmacist needs to see your latest results INR (you should have a "yellow book" in which your medical team writes these readings whenever you're tested) and controls that are in the right range To give you before your flu vaccine. It is important to assess the risk of influence and interaction, but who is giving you the vaccine should be able to advise you. "In most cases, the risk of infection with influenza is much bigger risk of an interaction, but you should make sure that you say 'who is giving you the vaccine which medication you're taking. "Not only is sure to have the flu jab during pregnancy but is strongly recommended. Pregnant women are more likely to develop a serious illness with the flu and be admitted to hospital than non-pregnant women." It's Flu Vaccination " recommended for pregnant women because © will protect both them and their unborn child, "said MacNair." in the later stages of pregnancy women are more vulnerable to developing complications if you have flu. "however, the uptake of the vaccine in pregnant women is much lower than what any doctor would like to only 47%, Many women don't know that they are suitable for a free vaccination on the NHS. "It is sure to have the usual flu vaccine, which does not contain live viruses, at any stage of pregnancy. The exception is the new form of an influenza vaccine given as nasal spraying to children," he explains her. "This contains a live but inactivated virus and should not be used during pregnancy." Some flu vaccines are made with eggs that can be dangerous for people who An egg allergy like the vaccine can contain proteins à €

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