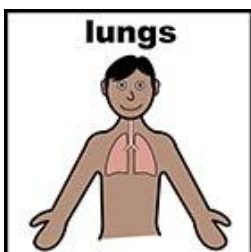


Booklet 5 – Lung Health and Vaccinations**What are Vaccinations?**

Vaccinations are sometimes called injections, jabs and needles.



There are two vaccinations that you might be offered that can help your lung health.

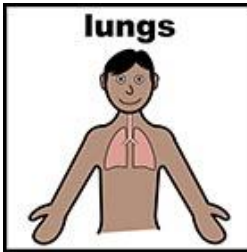


Flu Jab- this is sometimes known as the Influenza Vaccine or the Flu Jab.

It is offered to:



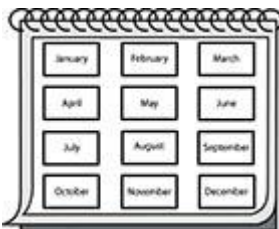
- people aged 65 and older



- people who have a long term lung condition or a serious medical condition



- and pregnant women



The flu jab is offered once a year



It does not protect against colds and other viruses



Pneumonia Vaccination



Pneumonia is a severe lung infection.

It makes you feel unwell.

You might be breathless and have chest pain



The Pneumonia vaccination protects you against the most common kind of pneumonia

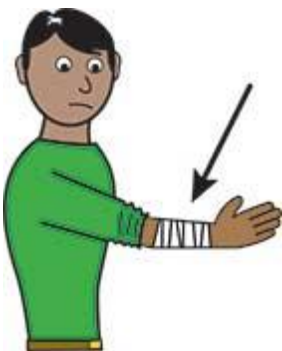


It is a one off vaccination



Side Effects

You may have a slight temperature and aching muscles for a couple of days after having the jab.



Your arm may be a bit sore where you were injected.



To find out more



**For more information on both vaccinations, please ask your
Doctor or practice nurse**