



# Flu vaccine



## What is flu?

Influenza (flu) is a highly infectious disease caused by influenza viruses which occur every year, mainly during the winter months.

The virus attacks the respiratory tract (ears, nose and throat) and is mainly spread by respiratory droplets in the air produced by coughing or sneezing. Flu is different from having a cold. The symptoms come on suddenly and include fever, headache, extreme tiredness and an aching body. A dry cough, sore throat and stuffy nose are other common symptoms. Flu generally lasts up to a week. The symptoms tend to be severe enough to warrant bed rest.

## Benefits of the flu vaccine

Studies show that flu vaccination may reduce the risk of flu illness by between 40% and 60%.

The best time to have the vaccine is in the autumn, between late September and November.

Flu vaccination can reduce the risk of flu-associated hospitalisation. It can also reduce the risk of acute respiratory infection and illness due to flu.

Studies suggest the vaccine makes employees 60% less likely to require treatment for flu. The vaccine will also reduce flu symptoms if contracted.

## Delivery of the flu vaccine in partnership with LloydsPharmacy

Vaccines will be administered at your nearest participating LloydsPharmacy. To order your voucher:

- Visit: <https://onlinedoctor.lloydspharmacy.com/uk/flu>
- Create your 'Patient Record'
- Select 'Flu Jab' and 'Start Online Consultation'
- Complete the medical questionnaire for the doctor to assess your suitability
- In 'Your Basket' enter your unique discount code (below) to reduce the cost to £0.00
- Choose the LloydsPharmacy store best suited for you to have the vaccine done at
- Click 'Continue to Payment'
- You will receive a message stating whether your order has been approved
- Once approved, you should contact your local LloydsPharmacy to book an appointment to have the vaccine administered.
- **Please ensure you take your Network Rail ID card with you to your appointment.**



If you do not have access to the internet or you do not have a Network Rail email address, please phone the OH helpline on 0330 008 5105 and select option 4 to place your order. You will be required to provide medical information on the phone relating to your general health. The call should take no more than 15 mins.

Each route / function has a unique discount code which will reduce the cost of the vaccine to zero. The codes are listed below. Network Rail will be informed that you have used the code. By using the code you are providing your consent for your employer to be notified that you have received a vaccination. No medical information will be shared. Vaccinations are voluntary and appointments should be in your own time.

## Useful contacts

For more information, including FAQs and detailed information on how to book your vaccine, please visit Safety Central:

<https://safety.networkrail.co.uk/healthandwellbeing/net-work-rail-employee-area/>

LloydsPharmacy website:

<https://onlinedoctor.lloydspharmacy.com/uk/flu>

For all queries regarding the flu campaign, please visit Safety Central or contact OH Assist on 0330 008 5105

For any escalations or complaints please follow the OH Assist complaints and escalations process

## Discount codes

Route	Code
Scotland	ASCO
Anglia	REAN
London North East	RLNE
London North West	RLNW
South East	RSEA
Western	RWES
Wales	RWAL
Wessex	RWEX

Function	Code
Infrastructure Projects	IP
Route Services	RouteServices
All other functions	OtherNR



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home safe plan