



Speaking from Experience *Chronic Obstructive Pulmonary Disease (COPD)*

Transcript for chapter 8 of 11: Vaccinations

Ruth, 72: Flu vaccination's very important, as is the pneumonia vaccination. They are vaccinations that for babies and the elderly you would have anyway, let alone a chronic illness like COPD. They're absolutely mandatory.

Colette, 45: For me, the flu vaccine is fantastic. So I've now had two winters where everyone around me is really, really, really ill and in bed for five or six days, and yes, I still will get a cold, and yes, it does affect me quite badly in my breathing, but it doesn't affect me to the point where I can't breathe at all, which is what they do. So for me personally, the flu vaccine had been absolutely... Well, I think it's been fantastic.

Chris and Reg, 83: I asked my GP for a flu vaccine and also the pneumonia one. These are all barriers against possible infection.

Graham, 69: I feel when you discuss your medication with your doctor, immunisation against flu and all these sort of things helps, especially if you've got COPD. Your respiratory condition is more inclined to... fail quicker than a healthier person. And to have your flu injections annually, as directed by the doctor. Including the one for pneumonia. There's only a limited number that a person can have. But they're all important for your longevity in life.