

## Flu Vaccination Awareness

Flu occurs every winter in the UK. For most healthy people, flu is an unpleasant but usually self-limiting disease with recovery taking up to a week. However, older people, the very young, pregnant women and those with a pre-existing health conditions (in particular diabetes, heart disease, chronic respiratory conditions like asthma or those with a weakened immune system) are at risk from the more serious effects of flu.

Flu can carry a risk of severe complications, hospitalisation or even death. Public Health England estimated that an average 8,000 people die from flu in England each year<sup>1</sup>.

Having a flu vaccination protects you and those around you. Therefore, it is important that we increase the uptake of the vaccination to protect the staff and the vulnerable groups we work with.

We need to encourage the uptake of flu vaccination as it will help to reduce the spread of flu to the wider community, i.e. work colleagues, as well as the vulnerable adults and children that staff work with to deliver vital frontline services during the winter months.

The flu vaccination has many benefits:

- Provides protection against flu for you and to those around you;
- Promotes a healthy working environment as vaccination is the best prevention against the flu virus;
- Good hygiene practices, is the simplest and most effective way of safeguarding against the spread of flu;
- The flu vaccine is safe and effective.

<sup>1</sup>Source: Public Health England.