

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 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.

Having a flu vaccination protects you and those around you. Therefore, it is important that we increase 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 vulnerable adults and children that staff work with, to deliver vital frontline services during the winter months.

The flu vaccination has many benefits:

- It provides protection against flu for you and to those around you;
- It promotes a healthy working environment - vaccination is the best method of prevention against the virus;
- It is safe and effective.

For further information please access attached video.

<https://youtu.be/uwFTfFUq56Y>