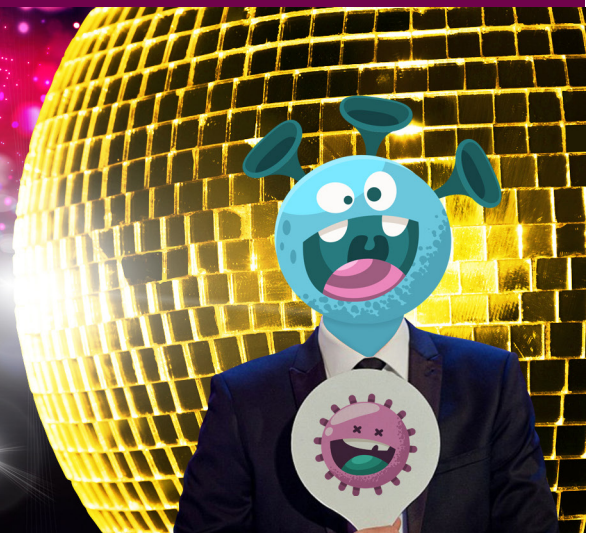


IPC NEWS

November 2019

Seasonal flu

*Strictly...
Flu Season*



**Take care of
others by
taking care
of yourself.**

If you care for people, it's time
to get your annual flu jab.

What is flu?

Influenza (Flu) is a viral infection of the respiratory system (mouth, nose, airways, lungs). It occurs mostly in winter, which is why it is called seasonal flu.

How is it spread?

Flu is passed from person to person directly through coughs and sneezes, through contact with someone with flu and also when a person gets the virus on their hands after touching surfaces or objects contaminated with the virus.



It's never too late for a (flu facts) from Shirley!

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1. Anybody can be affected by flu - **even if you are fit and well.**
2. On average 8,000 people die with flu in England each year, some years that figure is much higher, in 2017/18 it is estimated that **26,000 deaths** were associated with flu.
3. If you work with people in health or social care, you're more likely to be exposed to flu - and to pass it on. **That's why the flu vaccination is available to all frontline health and social care workers.**
4. Vaccination is an important part of infection prevention and control, it will help **stop flu spreading** and protect those who are at increased risk of complications from flu.
5. It takes between **10 and 14 days** for your immune system to respond fully after you've had the flu vaccine.
6. You can have flu with **no symptoms**, but even without symptoms, you are still at risk of passing on the virus.
7. For many of the people you support the effects of flu can be serious, and for some it **can be fatal.**
8. You **can't get flu** from the flu jab, the injected vaccine does not contain any live viruses, so it cannot cause flu.
9. Flu virus strains can change, that's why you need to **get a flu jab every year.**
10. Hand hygiene is **Strictly** the best way to prevent the spread of infection.



Did you know?

You will be able to have the flu vaccine at your GP surgery or local pharmacy if you are directly involved in the care of vulnerable people (meaning those people in a clinical risk group for flu or who are aged 65 years and over) employed by a:

- Registered residential/nursing home
- Registered domiciliary care provider

Please note: Staff need to show evidence such as an ID badge, a recent pay slip or letter from their employer.

What can you do?

- Get your flu jab
- Encourage vulnerable people to get their flu jab
- Follow infection prevention and control standard precautions at all times



The flu season is approaching, keeep flu fighting!

What would you like to see in our next newsletter?

Let us know by email to IPC.wirralct@nhs.net or call 0151 604 7750.

Infection Prevention & Control Service: St Catherine's Health Centre, Derby Road, Birkenhead, CH42 0LQ