

Flu Vaccination Awareness

Flu occurs every year, usually in the winter, which is why it's sometimes called seasonal flu. It's a highly infectious disease with symptoms that come on very quickly.

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.

The best way to avoid catching and spreading flu is by having the vaccination, this protects you and those around you, by reducing the spread of flu to the wider community.

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.

Flu viruses can change from one winter to the next, so flu vaccines are updated for each winter to give protection against the strains of flu that are most likely to be going around. For this reason, it's strongly recommended that even if you were vaccinated last year, you should be vaccinated again this year.

You can find further advice and guidance at [Flu - NHS \(www.nhs.uk\)](http://www.nhs.uk)