



FLU VACCINATIONS



Protecting Us, Our Families, Our Community & the People We Care For.



Flu is caused by a bug called a virus.



Anyone can catch flu.



Flu can make you very ill.



Sometimes you might need to go to hospital.



It is very important we all do everything we can to prevent catching and spreading flu.

WHAT YOU NEED TO KNOW



Flu spreads very quickly between people who live, work and do things closely with others.



Flu can cause Bronchitis and or Pneumonia. This makes it hard to breath and is a serious illness.



Every year lots of people die because of health problems caused by the flu.



People who are most likely to be very ill because of flu are people over 65 years old.



Lots of people can have flu but do not know they have it. They will not feel ill but can pass it onto others.

KEEPING PEOPLE SAFE



Care homes and home care staff look after our most vulnerable people.



Every year people are put at risk because care staff have not had their annual flu vaccination.



The more people who have a vaccination the less risk there is of spreading flu to others.



Vaccination is FREE to all staff who work with vulnerable people.



For more information about flu go to the NHS England website at: www.nhs.uk/conditions/flu/



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