Flu facts
Did you know...

Frontline health and social care workers have a duty of care to protect their service users from infection?

The risk of serious illness from influenza is higher amongst children under six months of age, older people and those with underlying health conditions such as respiratory disease, cardiac disease, immunosuppression and pregnant women?

Service users with risk conditions are 18 times more likely to die from flu than healthy people?

Accessing Cheshire West and Chester Council information and services

Council information is also available in Audio, Braille, Large Print or other formats. If you would like a copy in a different format, in another language or require a BSL interpreter, please email us at equalities@cheshirewestandchester.gov.uk

Get the flu vaccine to protect yourself and those you care for

This leaflet is applicable to you if you work in the health and social care sector. For example, in a care home, day care centre, children's centre, setting for people with special needs, hospital or community trust.

Cheshire West & Chester Council

Work in health and social care?

Get the flu vaccine to protect yourself and those you care for

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Four reasons to get the flu vaccine

1. It protects you and reduces your risk of spreading flu to service users, your family and colleagues

2. You have a duty of care to protect service users from infection

3. Flu can be serious, making even healthy people feel extremely unwell and unable to carry on with everyday activities for at least a week

4. The flu vaccine cannot give you flu, but it can stop you from catching it

Act now and protect yourself and those you care for from flu

If you are a frontline health or social care worker working directly with service users in a risk group, you should have a flu vaccination to protect yourself and the people you care for from infection. You have a duty of care to protect service users from infection.

Studies have shown that vaccinating employees can help prevent infection being passed on. This is particularly important as some service users such as the very young, the elderly, those with an underlying health condition, or immune-suppressed may not respond well to the vaccine.

By getting the vaccine, you not only reduce the risk of getting the flu virus yourself, you’ll help to protect service users and reduce the risk of infecting your family, friends and colleagues.

Last year there were 14 outbreaks of flu affecting 181 residents and 43 employees in care homes in Cheshire West and Chester. Care homes were closed to visitors for 210 days in total, causing major disruption to the wider health and social care system over the Christmas period.

How the flu vaccine works

The vaccine takes around 10 to 14 days to offer protection. The vaccine can’t give you flu, but it can stop you from catching it.

You have to get vaccinated annually because the virus changes constantly and your immune system reduces over time. Last year’s vaccination won’t necessarily protect you from this year’s flu viruses.

Additional measures to prevent the spread of flu include:

- Washing your hands regularly with soap and water
- Covering your mouth and nose with a tissue when you sneeze
- Binning your used tissue
- Staying at home when you are ill

It is important to know that good infection control measures reduce spread of flu and other acute respiratory infections in health and social care settings but are not sufficient alone to prevent them. For the maximum possible protection against flu, make sure you get vaccinated every year.

Your employer is responsible for paying for your vaccine however, if you are pregnant or have an underlying medical condition, you should be vaccinated through your usual GP route.