



**NHS**



# HOW TO FIGHT FLU THIS WINTER!

**1**

## **GET YOUR VACCINE**

Having your flu jab protects yourself, your family, colleagues and patients. It's a serious illness that can result in death. The vaccine is typically up to 70% effective, depending on the strains of flu circulating each year. So be a flu champion and have the jab.

**2**

## **WASH YOUR HANDS**

As well as getting your jab, you can help reduce the spread of flu by regularly washing your hands, particularly after sneezing or coughing. You can pass flu on without having any symptoms, so wash your hands regularly.

**3**

## **STAY AWAY**

If you have flu, stay away from work until you are better. The virus is highly infectious and outbreaks can happen quickly. So do everyone a favour and don't add to the spread of flu.

**Protect yourself, your family,  
colleagues and patients  
- be a flu fighter,  
get your flu jab.**



Roaqah Shafer, Clinical Sister and  
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