

flu fighter infection prevention

NHS

1 GET YOUR VACCINE

Having your flu jab protects you, your family, colleagues, patients and service users. It's a serious illness that can result in death. The vaccine provides the best protection against an unpredictable virus, so be a flu fighter and have the jab.

2 WASH YOUR HANDS

As well as getting your flu 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.

3 STAY AWAY

If you have the flu, stay away from work until you are better. The virus is highly infectious and outbreaks can happen quickly.

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



STAY WELL
THIS WINTER



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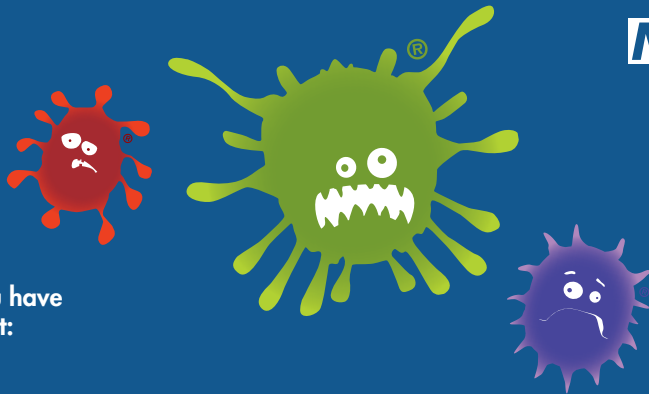


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Side effects of the flu vaccine

The flu jab doesn't usually cause side effects. However, you may experience mild fever and slight muscle aches for a day or so. If you have a sore arm after the vaccination, try these tips to ease the discomfort:

- continue to move your arm regularly – don't let it get stiff and sore
- take a suitable painkiller



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