

FLU FIGHTER INFECTION PREVENTION

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**WASH
YOUR
HANDS**

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



**STAY
AWAY**



**GET
YOUR FLU
VACCINE**

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.

Having your flu jab protects you and those around you. It's a serious illness that can result in death. The vaccine is up to 70 per cent effective, depending on the strains of flu circulating each year. So be a flu fighter and have the jab.

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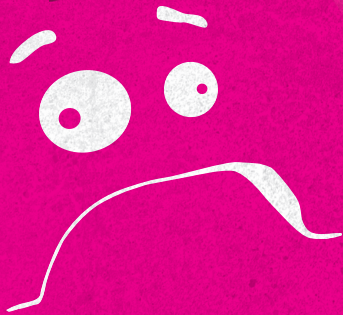


**Public Health
England**

**STAY WELL
THIS WINTER**



FLU FACTS VS FICTION



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The flu jab gives you flu.

FACT

The adult flu jab doesn't contain a live virus so it's impossible to get flu from it.

You can't spread flu if you're feeling well.

FACT

You could be spreading flu right now, with 77 per cent of people with flu showing no symptoms.

The vaccine does not work.

FACT

The vaccine is the single most effective protection against flu.

I'm fit and healthy, I don't need the vaccine.

FACT

Being healthy does not protect you against flu, and you could be spreading the virus with no symptoms.

PROTECT YOURSELF AND THOSE AROUND YOU.
GET THE FLU JAB
#FLUFIGHTER



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STAY WELL THIS WINTER

