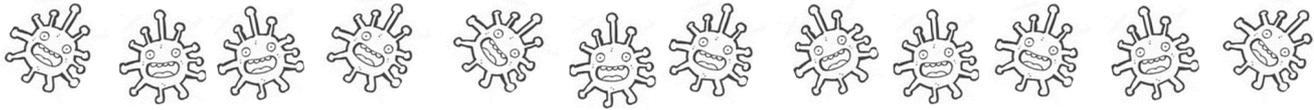


## Winter Safety - Flu Virus



As we all know, flu is a highly infectious disease that makes us feel rotten. It causes nasty symptoms including fever, chills, headaches, achy joints, fatigue and a sore throat. Healthy people can expect to recover within two to seven days but for vulnerable people it can be very serious and even lead to hospitalisation.

Flu is caused by a virus and every year a new strain will start to spread. The flu jab is offered for free to vulnerable people each year. These include those who are pregnant or who have issues such as (but not limited to):

- A heart problem
- Lowered immunity
- Liver disease
- BMI of 40 or more
- Diabetes
- Breathing difficulties or a chest complaint of some kind



Remember if you believe you are suffering from flu there is **no need to visit your GP** because unfortunately there is nothing that can be done to help fight the virus. However, if you, or someone you know, is experiencing **any complications or you have reason to feel quite worried, do phone the surgery for advice.**

Those who wish to have it but aren't considered vulnerable can pay to have the jab. Immunity takes a while to build up, so **you need to have the jab before the beginning of the flu season.**

The **best way to cope** if you are suffering from flu is to:

- Rest
- Stay warm
- Take paracetamol or ibuprofen if you can
- Drink lots of water
- Seek advice from a pharmacist about over-the-counter remedies that might help

Understanding the principles of infection control is important when minimising the spread of infectious diseases such as flu. This is so we can protect ourselves, our colleagues, family-members etc.

**We teach infection control, so if you have any questions on this subject do ask.**

Hope this helps.