

# FLU

Flu.  
I'm Ready  
For You.



Healthcare  
workers

The best defence against flu is this year's vaccine.

**NHS**  
SCOTLAND



healthier  
scotland  
SCOTTISH GOVERNMENT

# “Show flu who’s boss.”

## **i** Flu vaccination. The facts.

1. It’s the best way of reducing your risk of getting flu.
2. It reduces the risk of spreading flu to your family, patients and colleagues who could be vulnerable to the virus.
3. Infected healthcare workers can spread their infection to their patients and family even if they have very mild symptoms.
4. Patients with risk conditions are 18 times more likely to die from flu than healthy people.
5. Even for healthy people, flu can be serious, making them feel extremely unwell and unable to carry on with everyday activities for at least a week.

## **?** Who should get the vaccine?

Anyone who works in health and social care, and is directly involved in patient care is recommended to have the flu vaccine.

These include, but are not limited to:

- Anyone who works in a GP practice, pharmacy or hospital.
- Workers in paediatric wards, cancer centres and intensive care.
- Those working in a dental surgery, social care or care home.

## Why should you fight flu?

By getting the flu vaccine, you're reducing the risk of getting the flu virus yourself. You're also reducing the risk of affecting your family and colleagues.

You'll also be keeping flu away from patients, who can be more vulnerable to the effects of the flu virus due to their underlying medical conditions. In fact, people with a compromised immune system are over 50 times more likely than a healthy person to die of flu. And people with liver problems are 80 times more likely to die.

## The best defence against flu.

- The vaccine takes around 10 days to work, so the sooner you get it the better.
- The vaccine helps to protect you against this year's flu. You have to be vaccinated every year because the virus changes constantly and your immunity reduces over time.
- The vaccine contains no live viruses, so it can't give you flu. But it can help stop you catching it.

## Get the vaccine in your corner.

To get your vaccine, speak to your line manager or occupational health department. Or for more information, visit [nes.scot.nhs.uk/flu/hcw](https://nes.scot.nhs.uk/flu/hcw)

It's also a good idea to remind patients with underlying medical conditions, and pregnant women, to get vaccinated too.

### Why risk it?

Scotland's Chief Medical and Chief Nursing Officers agree – healthcare workers should have the flu vaccine. Being a healthcare worker means you have enough to be thinking about without worrying about catching flu. So why risk it for yourself? And why risk it for the people you are caring for?

**To arrange a vaccine, speak to your line manager or occupational health department.**

 [nes.scot.nhs.uk/flu/hcw](https://nes.scot.nhs.uk/flu/hcw)

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