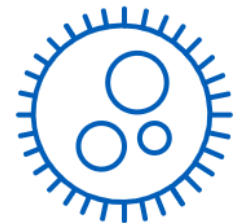
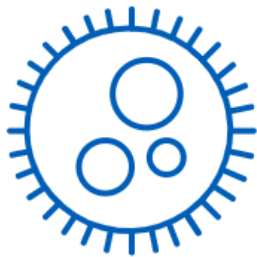
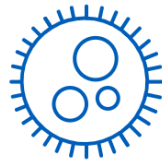
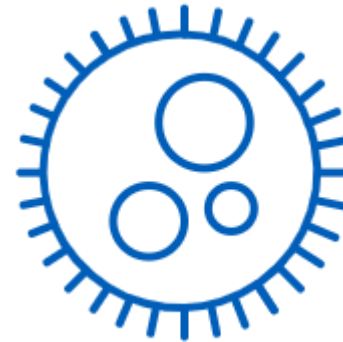
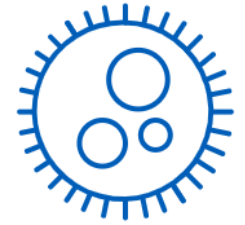
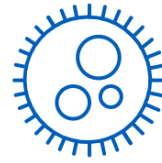


‘Just’ the flu...?

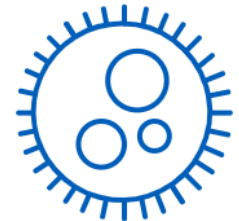
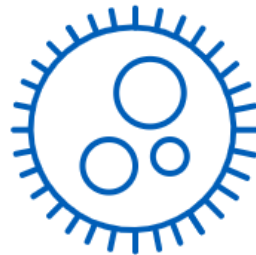
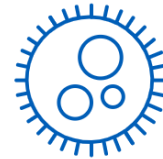
**Key messages
Winter 2020**

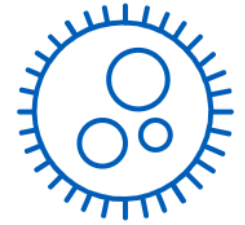
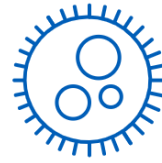




On average, how many people die from the flu in the UK every year?

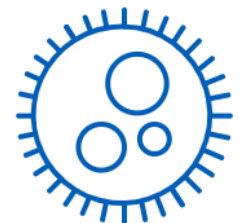
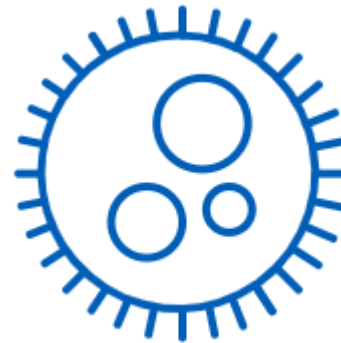
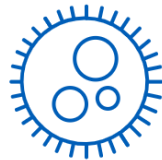
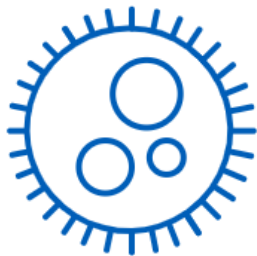
- a) 0
- b) 2,500
- c) 11,000





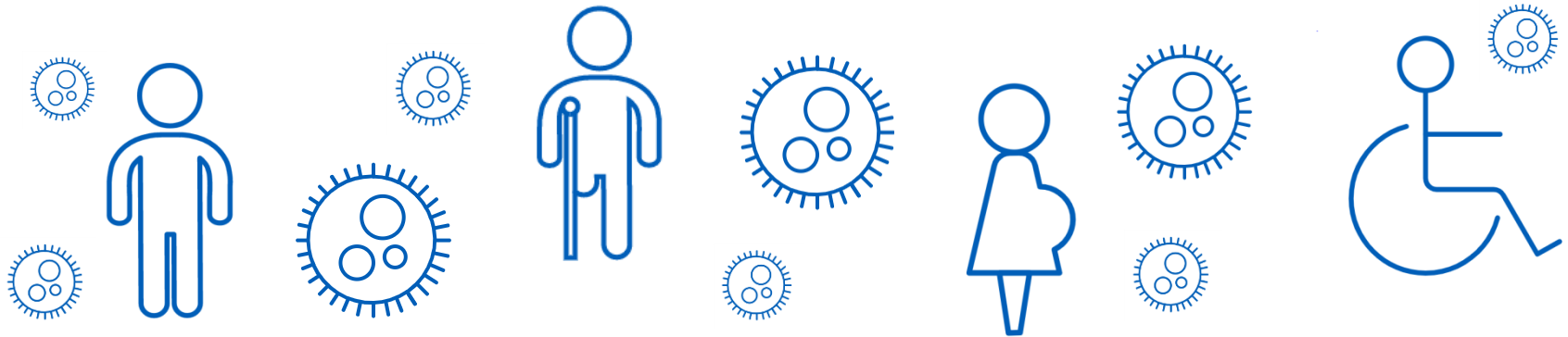
The flu kills **11,000 people** on average every year and many more people need hospital care

There's **no 'just'** about it



How does the flu spread from person to person?

- a) When you're asleep
- b) From being outside in the rain
- c) Through droplets that come from your nose or mouth when you cough or sneeze



The flu virus spreads from person to person through droplets that come from your nose or mouth when you cough or sneeze

Not every one will show symptoms

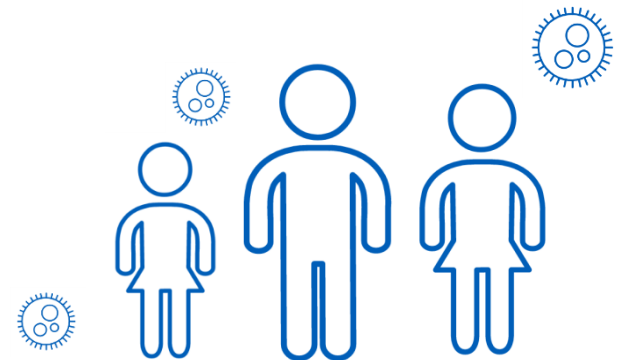




Some people are said to be more ‘**at risk**’

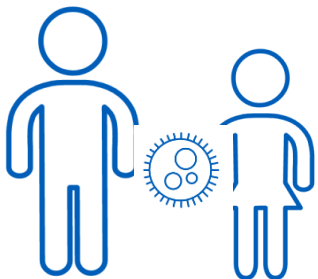
- This means they’re more likely to develop more serious complications if they were to get the flu
- These people are eligible for a **FREE** flu jab!

Who do you think these people might be?



This year, the NHS is offering a **free flu jab** to:

- Pregnant women
- Children aged 2- 11 years old
- 65+ years old
- Those who were members of a shielding household
- Frontline health and social care workers
- People with a long term health condition – *what do you think these might be?*



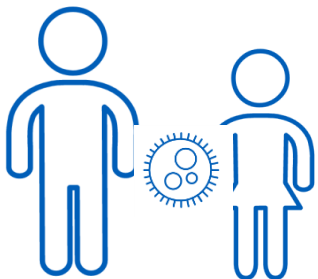
7



This year, the NHS is offering a **free flu jab** to:

Those with a long-term health condition such as:

- a heart problem
- a chest complaint or breathing difficulties e.g bronchitis, emphysema or severe asthma
- a kidney disease
- lowered immunity due to disease or treatment, e.g steroid medication or cancer treatment
- liver disease
- had a stroke or a “mini stroke” known as a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, e.g. multiple sclerosis (MS), cerebral palsy
- a learning disability
- a problem with your spleen, e.g. sickle cell disease, or you had your spleen removed
- are seriously overweight - BMI of 40 and above



What do you need to do to get your free flu jab?

- a) Wait for my GP to write to or text me
- b) Contact my GP to see if I am eligible
- c) Book an appointment at my local pharmacy



Getting your free flu jab

All of the above!

- Your GP practice will **contact you by letter or text** to book in
- Invites will be sent **from the end of September** throughout the flu season & you can **contact your GP** for more information
- **Book an appointment at your local pharmacy** if you're over 18

Those who were members of a shielding household *won't be* invited for a jab, but **can request one from their GP**

There are **different strands of flu each year** and new vaccines are developed to help protect you

If you are identified as being 'at risk' it's important to **have the flu vaccine every year to stay protected**



What do you do if you want the flu jab but aren't eligible for a free one?

- a) don't get one
- b) pay privately at your local pharmacy
- c) ask your GP



What do you do if you want the flu jab but aren't eligible for a free one?

All of the above

- The NHS really wants those who are most at risk to be vaccinated first
- If you are healthy, there is a really low risk of you becoming seriously ill, and may just experience symptoms like a sore throat, cough or aches
- There are limited numbers of vaccines so its really important for the most vulnerable groups to have their jab over the next few months
- If you'd like, you do have the choice to pay for a private vaccine at your local Boots/pharmacy it would cost approximately £14
- If you think you might be eligible for a free vaccine, but haven't heard from your GP – just give them a call!



How are children given the flu vaccine?

- a) In a sweet
- b) In a nasal spray
- c) An injection



Children are given the flu vaccine in a nasal spray

- If unable to have the nasal spray, you can discuss with your child's nurse/GP for alternative options
- Children can receive the vaccine from their GP or local school



Why might some faith groups not want their children to have the nasal spray vaccine?

- a) The nasal spray contains gelatine that comes from pork
- b) Children don't like spray going up their nose!
- c) They use other methods



The nasal spray for children contains porcine gelatine

Why?

- Porcine gelatine is used in vaccines as a stabiliser – to ensure that the vaccine is safe when it is stored
- Unlike the gelatine used in foods, the product used in vaccines is purified and broken down into very small molecules

Is there an alternative?

If a child is at high risk and can't have the nasal vaccine they can have the injection which doesn't include gelatine



Is the flu vaccination safe?

Are there side effects?



Is the flu vaccination safe?

The flu vaccine is the best protection we have against this strain of flu virus, and studies have shown that it does help to prevent flu

Are there side effects?

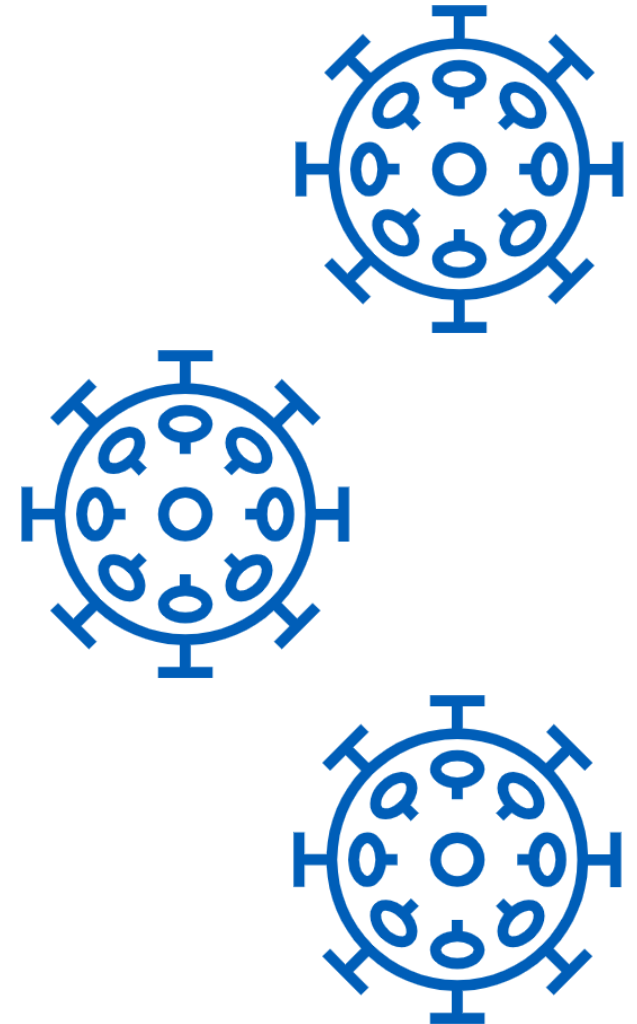
Some people may experience a mild temperature, sore arm or slight muscle aches for a day or so

This is entirely normal & serious allergic reactions are rare



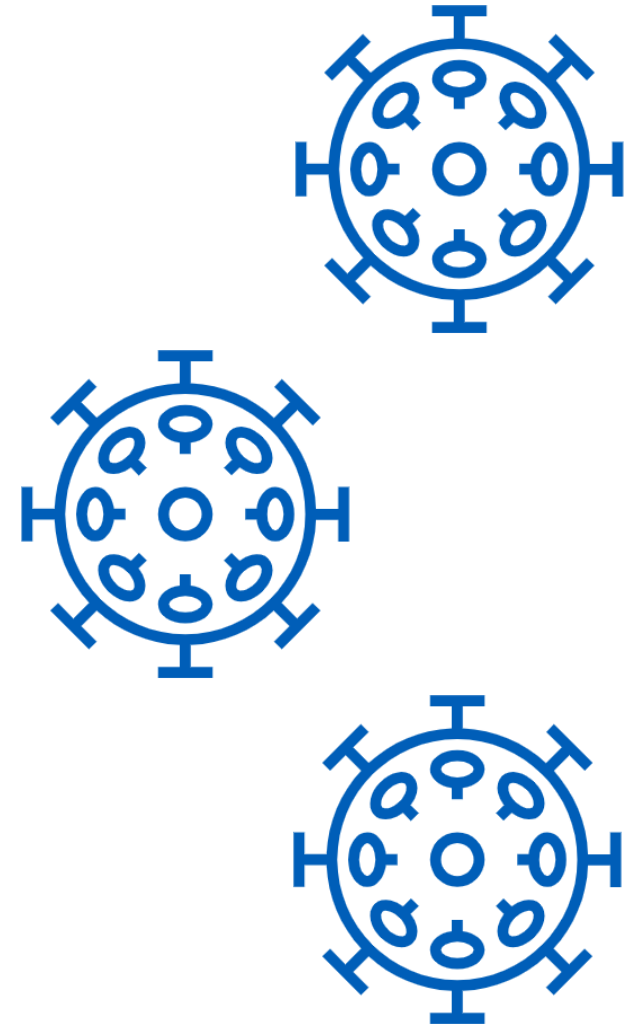
Will the flu jab protect you against Covid-19?

- a) Yes
- b) No
- c) I don't know



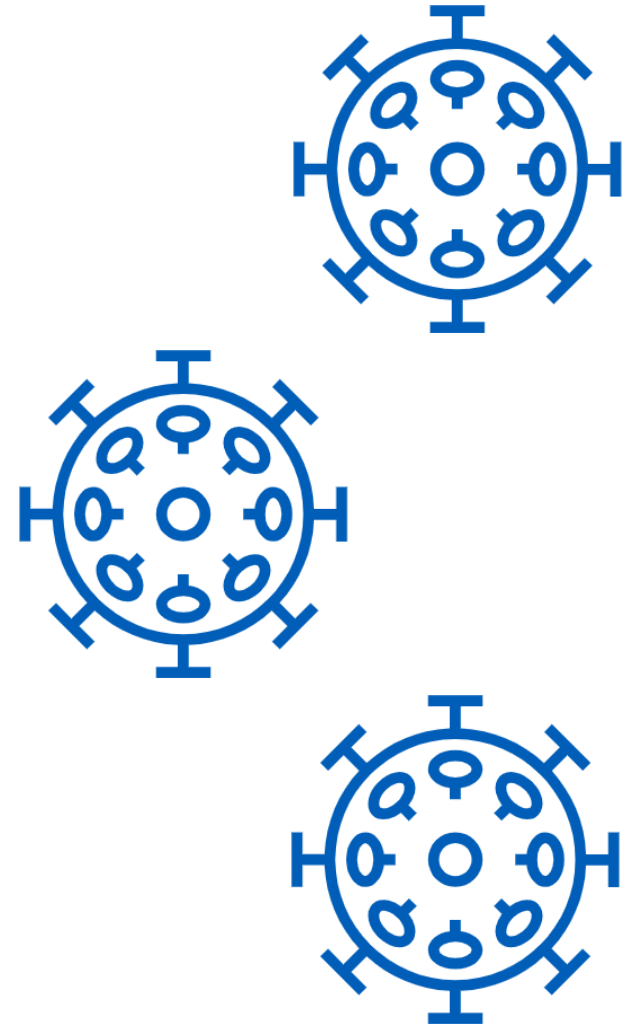
Will the flu jab protect you against Covid-19?

No, the jab will just protect you from the flu – it's designed to target this season's strain of flu and nothing else



How will you know if you have flu or Covid-19?

- a) Just guess
- b) Your temperature will be higher if you have covid
- c) You won't know



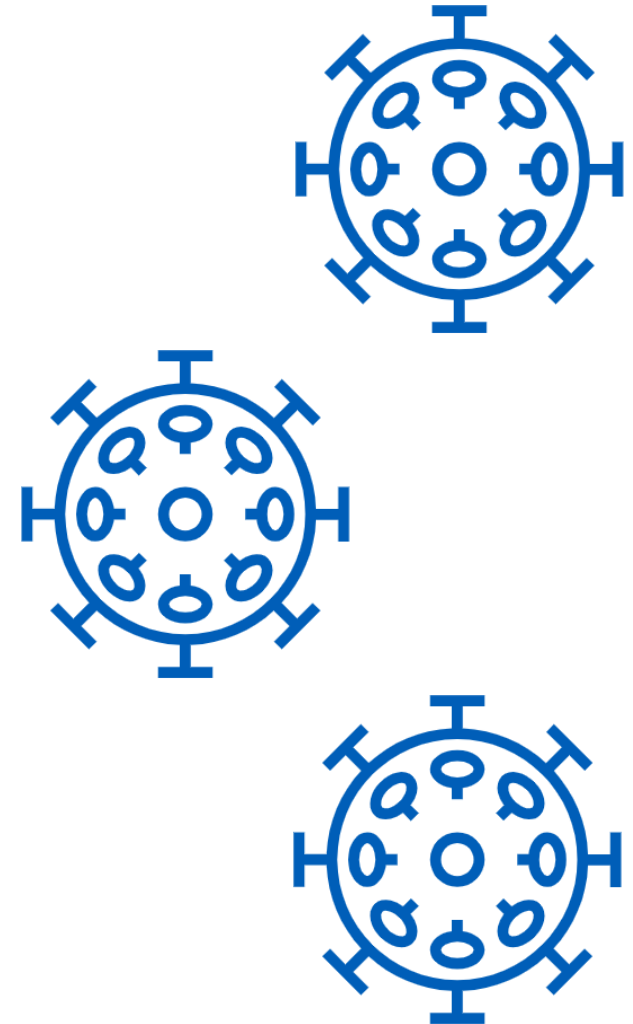
How will you know if you have flu or Covid-19?

Both have similar symptoms so it may be difficult to tell

If you show symptoms of Covid-19

- a high temperature
- new continuous cough
- loss of taste/smell

It's really important to self isolate and request a test by calling 119 or visiting www.nhs.uk/coronavirus



If you're not feeling well, what NHS services are available to help?

How do you contact them?



Monday – Friday

GP – call your GP / visit their website

**24/7 – especially good if your GP is closed
or you need urgent help**

NHS 111 – call 111 / visit www.111.nhs.uk

In an emergency

Call 999 – if you feel your life is in danger

24/7 mental health support

- CNWL single point of access 0800 0234 650
- Samaritans 116 123

What can you do to help raise awareness & help protect people against flu this year?





Flu can be serious.
Protect yourself and
others. Get the flu jab.



Pregnant women
should get their free
flu jab.



“Just” the flu?

Each year the flu kills on average
11,000 people. There’s no just about it.

The flu vaccine helps to protect you
and the people around you, and it’s free
to those most at risk.

Ask your GP or pharmacist



Children aged 2-11
can get a free flu
vaccination.

Look out for our campaign across North West London!



More information

- Visit nwlondonccgs.nhs.uk for information to download & share about the flu – translations available in 13 languages
- For more information on the flu vaccine nhs.uk/conditions/flu
- Find out if your local pharmacy is offering the jab visit <https://myvaccinations.co.uk/> or for Boots pharmacies www.boots.com/online/pharmacy-services/
- Visit <https://www.nhs.uk/coronavirus> for the latest Covid-19 information and guidance

Contact details

Carrie Hirst

carrie.hirst@nhs.net

Engagement & Partnership Manager
West London CCG