



INFLUENZA

Influenza (flu) is an acute viral infection of the respiratory tract. It is highly infectious with an incubation period of one to three days. Spread by droplets, or contact with infected person.

Symptoms

fever, chills, headache, dry cough, sore throat, stuffy nose, aching muscles, extreme tiredness. In elderly can be a sudden decline in physical or mental ability

Flu vaccine

Protects against the three main circulating viruses. Should be given in September to November. The immune response following flu vaccination takes about two weeks to develop fully.

Protect your patients from catching the flu by ensuring those eligible have the flu vaccine.



Most cases of flu in the UK occur during an 8 to 10 week period during the winter usually starting early November.

Antivirals

Influenza antiviral medicines form part of the programme for protection of people who are at increased risk of severe illness due to flu. Influenza antivirals may only be prescribed in primary care when influenza is circulating in the community and the Chief Medical Officer (CMO)/Chief Pharmaceutical Officer (CPhO) letter has been sent out.

Staff should be offered the vaccine to protect themselves, their patients and their families.

PHE weekly national influenza reports.
www.gov.uk/government/publications/weekly-national-flu-reports
Give updates on circulating flu.



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



NHS

Possible complications of flu.

Bronchitis
Pneumonia
Worsening of existing medical conditions e.g. asthma, diabetes.
Meningitis
Encephalitis,