



# INFLUENZA-Dental

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. 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 staff from catching the flu by ensuring they all 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.

*Employers should fund/ arrange for Staff to be offered the vaccine to protect themselves, their patients and their families.*

- Patients should be encouraged not to attend the surgery if they are still recovering from flu illness; unless it is absolutely necessary.
- Good Hand hygiene will minimise transmission of the flu virus.
- Have hand sanitizers available for patients/ visitors to use to minimise transmission.
- It takes approximately 24 hrs. once the virus has been contracted for Flu symptoms to develop.
- Patients will remain infectious for up to 5 days from onset of symptoms.

Further advice can be obtained form the infection control team on 01925 867707



## Possible complications of flu.

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

## 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.



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