

HELP PROTECT YOURSELF AND PREVENT THE SPREAD OF FLU

Getting your flu vaccination can help stop you getting and spreading flu⁸

You can also help protect against catching and spreading the flu virus with good hygiene practices:⁸



Wash your hands and regularly clean surfaces



Avoid close contact with people who have flu-like symptoms



Cover your mouth and nose when you cough or sneeze



Avoid touching your eyes, nose and mouth



Put used tissues in a bin as soon as possible

HELP ENSURE YOU'RE WELL ENOUGH TO BE THERE

BOOK YOUR APPOINTMENT

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Ask about flu vaccination here today so you can share the moment, not the flu

www.YouNotFlu.com

Reporting of side effects: if you get any side effects, talk to your doctor, pharmacist or nurse. This includes any side effects not included in the package leaflet. You can also report side effects directly via the Yellow Card scheme at yellowcard.mhra.gov.uk. By reporting side effects, you can help provide more information on the safety of this medicine.

References:

1. World Health Organization. Influenza (seasonal). Available at: [https://www.who.int/news-room/factsheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/factsheets/detail/influenza-(seasonal)) [Last accessed June 2020]. 2. NHS Inform. Flu. Available at: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/flu> [Last accessed June 2020]. 3. NHS. Flu. Available at: www.nhs.uk/conditions/flu [Last accessed June 2020]. 4. Kingston Hospital NHS Foundation Trust. Influenza. Available at: [https://www.kingstonhospital.nhs.uk/patients-visitors/infection-control/influenza-\(flu\).aspx](https://www.kingstonhospital.nhs.uk/patients-visitors/infection-control/influenza-(flu).aspx) [Last accessed June 2020]. 5. NHS Thurrock Clinical Commissioning Group. Flu vaccine myth busters. Available at: <https://www.thurrockccg.nhs.uk/yourhealth/information-leaflets/information-leaflets-2018/4418-flu-vaccine-myth-busters-2018> [Last accessed June 2020]. 6. Vaccine Knowledge Project. Influenza (flu). Available at: <https://vk.ovg.ox.ac.uk/vk/influenza-flu> [Last accessed June 2020]. 7. NHS. Who should have the flu vaccine? <https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/> [Last accessed June 2020]. 8. Public Health England. Public health matters - Flu vaccination: What you need to know about this year's vaccine. Available at: <https://publichealthmatters.blog.gov.uk/2018/09/13/flu-vaccination-what-you-need-to-know-about-this-years-programme/> [Last accessed June 2020].



SHARE

THE MOMENT

NOT THE FLU

How to help protect yourself and prevent the spread of flu

SANOFI PASTEUR

SANOFI PASTEUR

This item has been treated with an antibacterial coating

FLU IS NOT JUST A 'BAD COLD'

Flu is a virus that causes a seasonal epidemic every year.¹ It can be serious. You could spend a week or more with:^{2,3}

- » fever (over 38°C)
- » a headache
- » body aches
- » an upset stomach
- » a dry, chesty cough
- » tiredness – while also having trouble sleeping



You can start to feel symptoms of flu quickly³ AND you can keep feeling tired for weeks after,² meaning you and your loved ones could miss out on the moments that are important to you.

FLU CAN SPREAD EASILY

There are several ways you can come into contact with the flu virus:^{2,4}



DIRECT CONTACT



INDIRECT CONTACT



COUGHING OR SNEEZING



SALIVA AND MUCUS



INHALED DROPLETS



SURFACES

Around 15–20% of people in the UK are infected each year⁵



It can be hard to tell who has flu: around 1 in 3 people infected by the flu virus will not show any symptoms, but can still spread flu⁶

There are steps you can take to help protect yourself from getting and spreading flu.

HEALTHY PEOPLE CAN GET FLU!

Getting the flu vaccination every year helps protect you because the flu virus is different every year²

Flu vaccination can help protect against getting flu and reduces the risk of the more serious effects of flu.⁷

If you have certain health conditions, even if you feel well, your flu vaccination may be free.⁷ Some of these at-risk groups include those with:⁷

- » Chronic respiratory disease
- » Chronic neurological conditions
- » Chronic kidney disease
- » Diabetes
- » Chronic heart disease
- » Chronic liver disease
- » Morbid obesity
- » Spleen problems or no spleen
- » Pregnant people
- » Weakened immune system and their close contacts
- » Carers, health and social care workers
- » People aged ≥65 years