

## Protect yourself and others from flu

Healthcare workers are being urged to get their flu vaccination early to ensure they're ready to fight flu ahead of winter hitting.

The Deputy Chief Medical Officer for Scotland has spoken of the role NHS staff can play in reducing the risk of the virus spreading, particularly following the sharp rise in flu cases last winter.

Reminding people that the flu virus can be both very serious and unpredictable, Dr Gregor Smith reinforced the fact the vaccine remains the best defence against flu, and that staff need to be vaccinated every year to be protected.

This year's national flu immunisation campaign will encourage those eligible to get their vaccination early in the flu season – and NHS Scotland workers are also being urged not to delay.



Dr Gregor Smith said:

"The NHS faced exceptional pressures last year, due to the rise in the number of people suffering from flu.

NHS staff, especially those who have contact with patients, can play a vital role in limiting the spread of the virus this year by getting vaccinated early.

As we gear up for winter, making early arrangements to get the vaccine will make all the difference. I encourage all our health and social care organisations to make this easy and straightforward and our staff to take advantage of this. Not only will it offer you the best protection for up to a year, but it will protect others, particularly those patients who have conditions which make them more vulnerable to flu.

Flu is very infectious and can be serious. Don't risk your health or the health of those around you. Act now and play your part in ensuring NHS Scotland is ready to fight flu this winter."

To find out how to get the free vaccination, speak to your line manager or occupational health department.

For further information visit [nes.scot.nhs.uk/flu/hcw](https://nes.scot.nhs.uk/flu/hcw) or contact NHS Inform on **0800 22 44 88**.