

Work in social care?



**Help protect yourself,
others and the NHS.**

2020 edition

With COVID-19 around, it's more important than ever to get the free flu vaccine.



www.nhsinform.scot/flu

Flu is serious. So what can you do to stay safe?

Protect yourself:

- Social care workers are more likely to be exposed to the flu virus, particularly where there are flu outbreaks in care homes.

Protect others:

- You can spread flu to those you care for, even if you have mild or no symptoms at all.
- Reduce your risk of getting flu and spreading it to others, especially those who are most at risk. People with a compromised immune system are over 50 times more likely than a healthy person to die from flu.
- You could bring the virus home to family or loved ones, even if you don't have obvious symptoms.

Protect our NHS:

- Every year in Scotland, thousands of people are hospitalised with flu. Protect yourself and help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

The vaccine is the best defence against flu.

- You have to get the vaccine every year because the flu viruses circulating each year change and your immunity reduces over time.
- The vaccine contains no live viruses, so it can't give you flu.
- It's quick and free for social care workers employed by local authorities or private/ third sector organisations with a direct hands-on care role.
- Flu immunisation begins in autumn. It takes around 10 days to work, so the sooner you get it the better.
- During vaccination, strict infection prevention and control measures will be in place.

Who should have the vaccine?

It's recommended that anyone who works in social care, and is directly involved in patient care, should have the flu vaccine. This includes, but is not limited to:

- anyone working in care homes
- people working in children's residential or secure care
- those working in the community, providing care at home.

Help young and unpaid carers know that they can get the free flu vaccine too.

Flu is serious. Take action.

Speak to your line manager or occupational health department to get your vaccine.

If you have a health condition or are aged 65 or over you are also eligible to receive the free flu vaccine.

Common side effects

The vaccine is safe and effective but some people may experience side effects.

These are usually mild and may include:

- Tenderness, swelling and/or redness at the injection site
- Headache
- Muscle ache
- Fever (temperature above 38°C)

For more information visit:

www.nhsinform.scot/flu



Translations



Easy read



BSL



Audio



Large print



Braille

Other formats available at:



www.nhsinform.scot/flu



0131 314 5300



phs.phs-otherformats@nhs.net

www.publichealthscotland.scot