



PREVENTING INFECTION



Protect yourself and those around you

GET A FLU JAB

Stop the spread - **WASH YOUR HANDS REGULARLY**

especially after sneezing or coughing



If you get the flu **STAY HOME**



The virus is highly infectious and outbreaks can happen very quickly

The vaccine is the single most effective protection against flu

The adult flu jab doesn't contain a live virus so it's impossible to get flu from it

FLU FACTS

Being healthy doesn't protect you from flu

77% of people with flu don't show any symptoms but can still spread the virus

STAY WELL THIS WINTER

For more information and advice visit www.nhs.uk/staywell