

# Flu Prevention & Vaccination Winter 2017/2018



## Ways of preventing flu.

- Hygiene - hand washing and cleaning
- Flu vaccination



## Good hygiene

Preventing the spread of germs is the most effective way to slow the spread of flu. Always:

- Wash your hands regularly with soap and water.
- Clean surfaces and door handles regularly to get rid of germs.
- Use tissues to cover your mouth and nose when you cough or sneeze.
- Put used tissues in a bin as soon as possible and wash hands.



## The flu vaccine

If you wish to be vaccinated you should make an appointment with your GP surgery or go to your local drop-in centre or pharmacy.

The flu vaccine is usually free to high-risk people, to protect them from flu. If the vaccine is not free to you then you will have to pay the prescription cost of £8.60.

Merseyside: Rowlands Chemist, Pilch Lane, Broadgreen is offering free flu vaccinations to BOCS Support staff with your BOCS ID.

Lancashire: Boots Chemist in Chorley is offering free flu vaccinations to BOCS Support staff with your BOCS ID.

UK Homecare Association is rolling out a free flu vaccination scheme for all homecare workers, details about this scheme will be sent out when announced.

Admin staff who are not eligible for a free flu vaccination can visit your local pharmacy or GP, the cost of this, up to £10 can be reimbursed via your BOCS Medicash healthcare plan.