

Flu Prevention & Vaccination Winter 2019/2020



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 there will be small cost at selected pharmacies. Asda Pharmacies currently charge £7 for the flu vaccine and Tesco Pharmacies are charging £9.

Flu Vaccination Scheme for Frontline Support Staff

Frontline Support Staff qualify for free flu vaccinations from pharmacies or your GP Surgery. You will need to provide your ID Badge and we recommend calling the pharmacy first to check they have an adequate stock on their premises before visiting them.

Information for Admin Staff

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.