



Flu Campaign 2019

Working together for Ellesmere Port

Who are we?



Who are we?

The One Ellesmere Port Primary Care Network was established in 2018. Our members include 8 GP Practices from across the town who are working together with the common goal of creating a better future for our patient population.

The practices that form our Network are:

Great Sutton Medical Centre

Old Hall Surgery

Whitby Group Practice, Dr England

Whitby Group Practice, Dr Warren

Whitby Group Practice, Dr Bowman

York Road Medical Centre

Hope Farm Medical Centre

Westminster Surgery

Over the last few months we've started to build relationships with partner organisations including Health Watch, our Local Authority and Cheshire and Wirral Foundation Trust as well as voluntary organisations and the third sector. Together we are working collaboratively to create a better future for over 68,000 patients across Ellesmere Port.

2019

As part of One Ellesmere Port's work this year, we are hoping to increase the awareness and uptake of the Flu Jab. Each Practice will be holding flu clinics throughout the Winter months, starting from September.

Please ask at reception for more information.

Flu Vaccination Myth Busters!

There are many myths around Flu and the Flu vaccination, so please see below the facts!

The Flu is much worse than a heavy cold

Flu symptoms come on suddenly and in some cases very severely.
Flu symptoms include:

- A sudden fever- a temperature of 38C or above
- Chills
- Headaches
- Aching muscles
- A dry cough
- Sore throat
- Feeling tired or exhausted
- Difficulty sleeping
- Loss of appetite
- Diarrhoea or tummy pain
- Feeling sick and being sick

The symptoms are similar for children, but they can also get pain in their ears and can appear less active.

How to treat flu yourself:

- Rest and sleep
- Keep warm
- Take paracetamol or ibuprofen to lower your temperature and treat aches and pains you may have
- Drink plenty of water to avoid becoming dehydrated





Flu Vaccination Myth Busters!

The Flu Vaccine **CANNOT** give you flu

The injected flu vaccine given to adults contains inactivated flu viruses- so this cannot give you flu

After being injected with the flu vaccine your arm may feel a little sore, and some people get a slight temperature and aching muscles for a couple of days afterwards.

Flu cannot be treated with antibiotics

Flu is caused by viruses. Antibodies only work against bacteria. You may be prescribed antiviral medications to treat your flu. Antivirals do not cure flu, but they can make you less infectious to others and may reduce the length of time that you are ill. For antivirals to be effective they have to be given within a day or 2 of your symptoms appearing.

Flu Myths VS. Flu Facts

MYTH

The Flu Vaccine gave me the flu

FACT

Flu viruses used in flu vaccines are inactivated so they cannot cause infection

MYTH

I should wait to get vaccinated so that I'm covered through till the end of the season

FACT

You should get vaccinated as soon as they are available because it takes about 2 weeks for antibodies to develop

FACT

If you get the flu vaccine you are about 60% less likely to need treatment for the flu

MYTH

Vaccines are not proven to prevent the flu

FACT

Getting the flu vaccine provides benefits such as the potential to reduce illness and prevent lost time from work

MYTH

It is better to get the flu than to have the vaccine

If you're pregnant you should have the flu vaccine



You should have the flu vaccine no matter what stage of pregnancy you are at

Pregnant women benefit from the flu vaccine because it will:

- Reduce their risk of serious complications such as pneumonia, particularly in the later stages of pregnancy
- Reduce the risk of miscarriage or having a baby born too soon or with a low birth weight
- Help protect their baby who will continue to have some immunity to flu during the first few months of its life
- Reduce the chance of the mother passing infection to her new baby



Protecting children against flu

The flu vaccination is offered FREE each year to:

- Children aged two or three years old (on 31 August of current flu season)

- All primary school-aged children

- Children with a health condition that puts them at greater risk from flu

Who will give my child their vaccination?

Children aged two, and three years old will be given the vaccination at their general practice usually by the practice nurse*.

Nearly all primary school-aged children will be offered the vaccination in school.

Children who are home educated will be offered the vaccine, provided they are in an eligible age group. Parents can obtain information about arrangements from their local NHS England Public Health Commissioning team.

Details can be found at: www.england.nhs.uk/about/regional-area-teams

How will the vaccine be given?

For most children, it is given as a nasal spray.

Are there any-side affects to the vaccine?

Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much less serious than developing flu or complications associated with flu. Serious side-effects are uncommon

