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INFLUENZA – EMPLOYEE VACCINATION PROGRAMME

Influenza ('Flu) is a severe, debilitating illness which can last for up to 10 days. A Flu vaccination may reduce the incidence of Flu by **approximately 75%**. With the average length of time that an employee will be absent from work being between 5 and 10 days, it is cost effective to vaccinate all staff. Most absence is caused by minor illnesses (including the Common Cold and Flu), and the direct costs of absence to UK industry alone amounted to over £17bn across the economy in 2010*.

. This works out at an average cost per worker of £760 per annum*.

If a serious flu outbreak hits the UK this winter, the effect on the productivity of your workforce could be significant. Air-conditioned offices have greatly increased the transmission of viral illnesses between workers in different departments, with a consequent significant increase in absenteeism.

We can organise **Flu vaccinations at your work place** at a time that is convenient to you and your staff. A **DOCTOR** will always be present at the time of the vaccinations, ensuring the best possible safety for your employees. We will provide pre-vaccination questionnaires to ensure that each employee is suitable for the vaccination and will educate each employee as to the pros and cons of the vaccination at the time we attend. Depending on numbers, a nurse may accompany our Doctor to assist with the vaccinations.

If you would like more information about Flu vaccinations or other services that can be offered in the work place, please contact us via email or on either of the above telephone numbers.

Yours sincerely

Dr Jeremy A Cohen MB BS, MRCGP
Company Director

FLU FACTS

- Flu is a viral illness spread by the airborne route (e.g. coughing, sneezing) and also physical contact (e.g. shaking hands). The viruses mutate (change form) each year so the Flu is different each year.
- 3.3 million people catch Flu every year.
- 150 million working days are lost each year because of Flu.
- The average length of absence from work on catching Flu is between 5 and 10 days.
- 3000 people die each year from Flu or its complications.
- A Flu vaccination is 75 – 85% effective.
- It is a medical impossibility to catch Flu from a Flu vaccination.
- The Vaccination contains ingredients from the 3 most serious types of Flu Virus expected to arrive in the UK this winter. Your body then makes antibodies against these strains approximately 10 days after vaccination.
- These antibodies then help to protect you against these particular strains, but as your immune system is “in a state of readiness”, it may help protect you from any other similar viruses with which you may come in to contact.

How can I tell if I have Flu or a Cold?

SYMPTOM	FLU	COMMON COLD
Malaise	Severe (prostration)	Mild
Speed of onset from feeling well	Rapid (hours)	Slow (days)
Muscular aches and pains	Profound	Mild
Fever	Marked	Mild
Headache	Severe and early	Sometimes: mild, later
Nasal secretions	Minimal	Usually prominent
Appetite	None / very limited	Often unaffected

(* CBI Absence and Workplace Health Survey 2011 . <http://bit.ly/OTupdk>)