

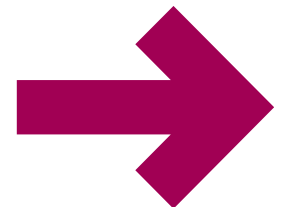
Flu Buddy Training

For Pharmacy Well-Being
Champions

September 2018

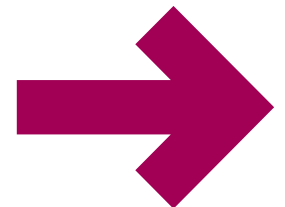
Objectives of the session

- To have a better understanding of flu (influenza)
- As a Flu Buddy - act as an advocate of the seasonal influenza programme among the eligible population and dispel myths
- Sign post eligible people to providers who are delivering the seasonal flu programme



What is Flu?

- Flu is not a cold but is a more serious virus
- Flu is an acute viral infection of the respiratory tract. There are three types of influenza virus: A, B and C
- Influenza A and influenza B are responsible for most clinical illness
- Flu is highly infectious with a usual incubation period of one to three days



Influenza Virus

Influenza A

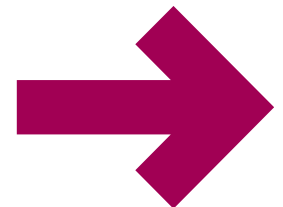
- This is usually the more serious type effecting young children and the elderly
- The virus is most likely to mutate into a new version that people are not resistant to
- The H3N2 (Aussie flu) strain is a current type A virus, and H1N1 (Swine flu) were previous flu pandemics

Influenza B

- This generally causes a less severe illness and is responsible for smaller outbreaks
- It mainly affects young children
- Yamagata is the current Flu B virus

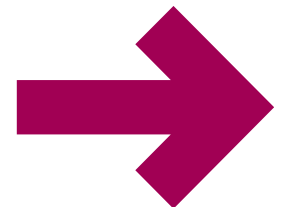
Influenza C

- This usually causes a mild illness similar to the common cold



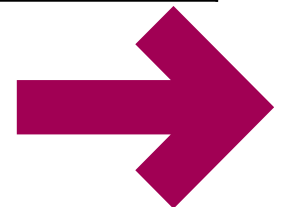
Influenza virus

- Most years, one or two strains of type A flu circulate as well as type B
- The influenza vaccine contains more than one strain



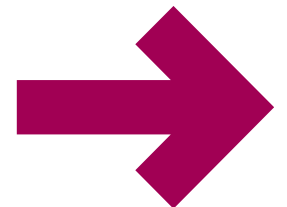
Is it a cold or flu?

Flu	Cold
Appears quickly within a few hours	Appears gradually
Affects more than just your nose and throat	Affects mainly your nose and throat
Makes you feel exhausted and too unwell to carry on as normal	Makes you feel unwell, but you're OK to carry on as normal



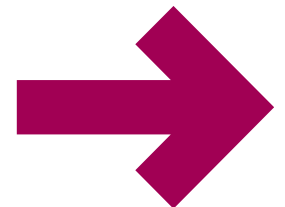
Who is affected

- Anyone can get flu
- But it can affect some more than others and risk serious illness or death in:
 - Neonates
 - Elderly people
 - Pregnant women
 - People with underlying disease/health problems
 - Immunosuppressed



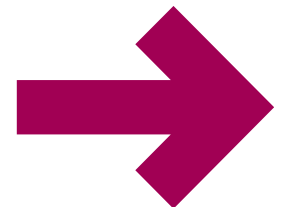
How do you get flu?

- Flu is passed from person to person by droplets created when someone with the infection sneezes or coughs
- You can also catch it by touching a surface where the virus has been deposited



Important to note

- Transmission of the virus is thought to be facilitated when people gather together during the winter months



How can flu be prevented?

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

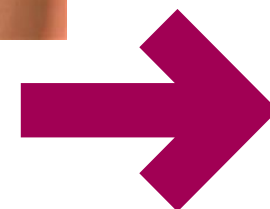


KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

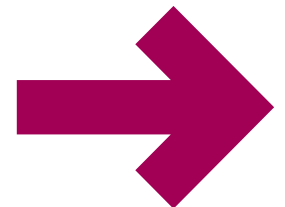


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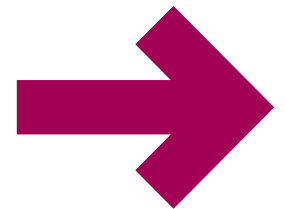
Handwashing

- Handwashing is one of the easiest ways to protect yourself and others from illness such as flu and food poisoning
- Washing your hands should take as long as it takes to sing “Happy Birthday” twice – around 20 seconds
- You should wash your hands frequently during a cold or flu



When to wash your hands

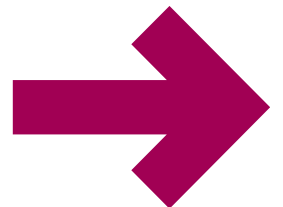
- After using the toilet
- After handling raw food
- Before eating
- After sneezing
- After handling animals





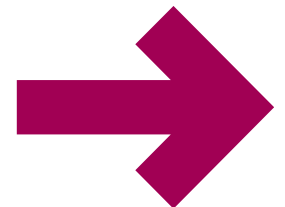
The flu vaccination

- The flu vaccine stimulates your body's immune system to make antibodies to attack the flu virus
- Antibodies are proteins that recognise and fight off germs, such as viruses, that have invaded your blood
- If you're exposed to the flu virus after you've had the flu vaccine, your immune system will recognise the virus and immediately produce antibodies to fight it
- It may take 7 to 14 days for your immunity to build up fully after you have had the flu jab



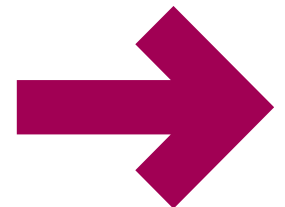
Eligibility for the flu vaccination 1

- All healthy children aged 2 and 3 years old
- All healthy children in school years Reception to year 5
- People aged 65 years and over
- Pregnant women
- People with underlying health issues/medical conditions
- People who are very overweight with a body mass index (BMI) of over 40



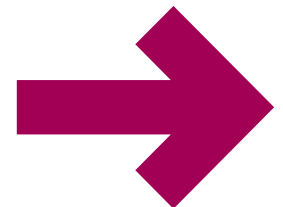
Eligibility for the flu vaccination 2

- Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
- Chronic heart disease, such as heart failure
- Chronic kidney disease
- Chronic liver disease, such as hepatitis
- Chronic neurological conditions, such as Parkinson's disease or motor neurone disease
- Diabetes
- Immunosuppression due to diseases or treatments



Eligibility for the flu vaccination 3

- People living in a long-stay residential care home or other long-stay care facility
- People receiving a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- Healthcare workers with direct patient contact
- Social care workers with direct contact with vulnerable people



Common vaccination side effects

The injection

- Pain, swelling or redness at the injection site
- Low grade fever, shivering, fatigue, headache, myalgia
- These symptoms usually disappear within one to two days without treatment

Nasal spray

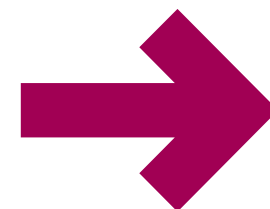
- Nasal congestion, reduced appetite, weakness and headache



Myth 1

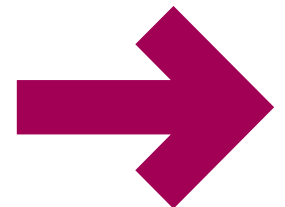


The flu vaccine
gives you flu



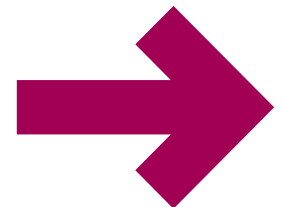
Myth Busting

- It's impossible to get flu from the flu vaccine because the adult vaccine doesn't contain live viruses
- While it is true that a small number of people can experience side effects such as headache or muscle pain, in this small number of cases this is the body's immunity recognising the vaccine and creating a reaction



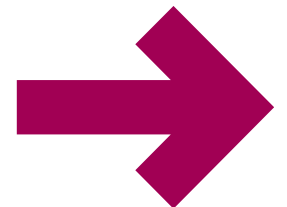
Myth 2

I had the flu vaccination
before and still got flu



Myth Busting

- It might not have been flu
- Lots of respiratory infections around in winter, some have similar symptoms to flu
- Not everyone will develop immunity from the vaccine



Myth 3

Once you've
had the flu
vaccine,
you're
protected for
life

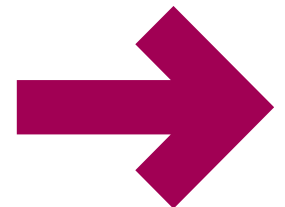


"All we have to do is place them
on the waiting room chairs!"



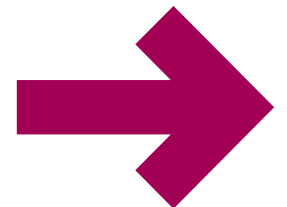
Myth Busting

- The viruses that cause flu can change every year, so you need a vaccination that matches the new viruses each year
- The vaccine usually provides protection for the duration of that year's flu season



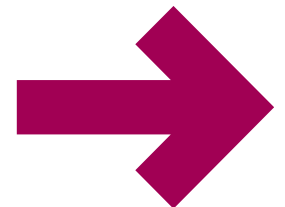
Myth 4

I can't have the flu vaccination
because I am allergic to eggs



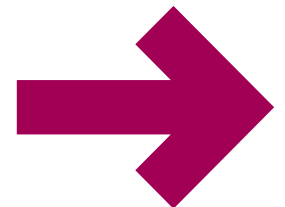
Myth Busting

- Inactivated flu vaccines that have a very low egg content are available and may be used safely in individuals with egg allergy
- The exceptions are those who have had a confirmed anaphylactic reaction to a previous dose of the vaccine, or to any component of the vaccine
- Very few people can't have the flu vaccination – if you aren't sure, make an appointment and discuss your concerns with a healthcare professional



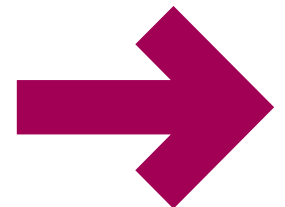
Myth 5

I missed having the flu jab in October, so it's too late to have it later in the year



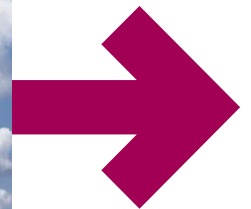
Myth Busting

- It's better to have the flu vaccine as soon as it becomes available
- It's always worth getting vaccinated after this, even if there have already been outbreaks of flu



Our ask

- Be an advocate for the flu vaccine
- Actively engage with people and instigate a flu conversation
- Dispel myths
- Signpost people



Resource Information

- Flu Fighter
 - <http://www.nhsemployers.org/flufighter>
- Department of Health Orderline
 - https://www.orderline.dh.gov.uk/ecom_dh/public/home.jsf
- Stay well this winter
 - <https://campaignresources.phe.gov.uk/resources/campaigns/34-stay-well-this-winter-/resources>

