

Flu 2023/2024

BIRMINGHAM COMMUNITY HEALTHCARE NHS TRUST

What Is Flu?

- ▶ A common viral illness.
- ▶ Highly contagious.
- ▶ Affects nose, throat and lungs.
- ▶ Can cause mild to severe illness.



Symptoms Of Flu

- ▶ Can come on very suddenly
- ▶ High temperature
- ▶ An aching body
- ▶ Feeling very tired
- ▶ A dry cough
- ▶ A sore throat
- ▶ Headache
- ▶ Difficulty sleeping
- ▶ Loss of appetite
- ▶ Feeling and/or being sick
- ▶ Tummy pain



How is Flu Spread?

- ▶ Coughs and sneezes.
- ▶ Surfaces which have the flu virus on them.
- ▶ Close contact with people who have the virus.
- ▶ Skin to skin contact (eg a handshake).



How To Look After Yourself If You Have Flu

- ▶ There is no treatment or antibiotics as these have no effect on symptoms or recovery.
- ▶ Rest and sleep.
- ▶ Keep warm.
- ▶ Drink plenty of water/squash.
- ▶ Some people who have flu need Hospital treatment.



How To Prevent Flu?

- ▶ Wash your hands often with warm water and soap.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze.
- ▶ Put used tissues in the bin.
- ▶ Get your flu vaccine!



Flu Vaccine

- ▶ Flu vaccines are safe and effective.
- ▶ Most children are offered the nasal flu vaccine (no injection!)
- ▶ Not everyone can have the nasal flu vaccine – there is an alternative!!

Flu Video (Primary)

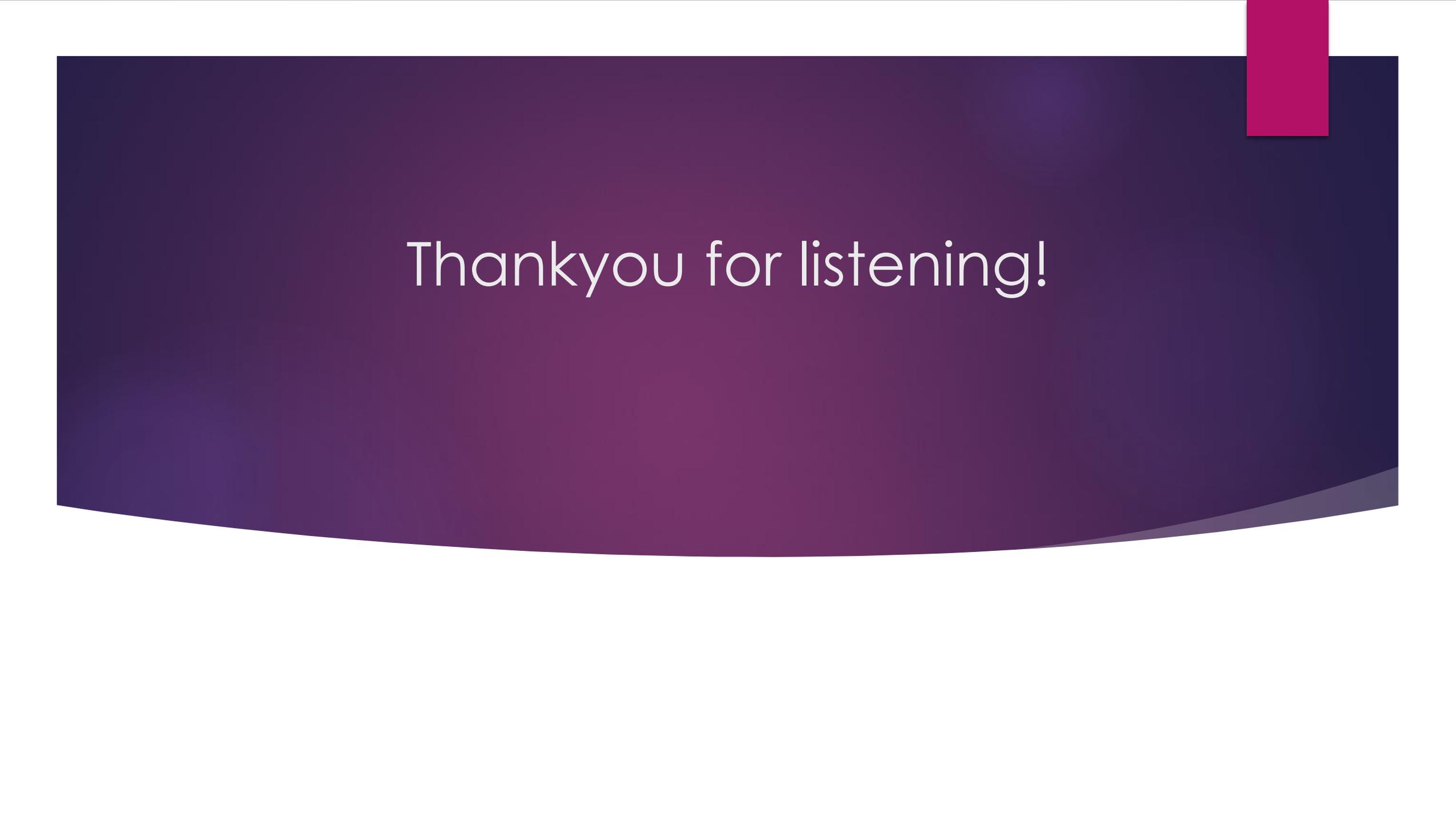
Primary flu presentation – flu busters

▶ [Flu Busters on Vimeo](#)

Flu Video (Secondary)

Health for Teens Flu video:

- ▶ [Nasal Flu Vaccination on Vimeo](#)



Thankyou for listening!