

Autumn Winter Health Campaign (Week One)

September 2018

Intended Audience: All

Managers' Brief

Introduction

As we enjoy the last few weeks of summer, Royal Mail is beginning to turn its focus to autumn and winter health.

Influenza ("flu") is a virus which becomes more common at this time of year and causes acute symptoms that can be very painful and uncomfortable. Last year influenza affected a large number of colleagues which meant that in addition to the ill health they were suffering, there was an impact on our ability to provide reliable service to customers.

This week we will focus on what flu is, the symptoms to look out for and what to do if you catch it. Later in the month we will be communicating about how all eligible colleagues will be offered a free inoculation, available by redeeming a voucher that will be sent in the September edition of Courier.

Overview

What is Flu?

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week.

You can catch flu all year round, but it's especially common in winter, which is why it's also known as "seasonal flu". It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include:

- a high temperature (fever) of 38C (100.4F) or above
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough

N.B. Cold-like symptoms – such as a blocked or runny nose, sneezing, and a sore throat – can also be caused by flu, but they tend to be less severe than the other symptoms.

What to do

If you're otherwise fit and healthy, there's usually no need to see a doctor if you have flu-like symptoms. However, if you are concerned about your symptoms it is best to speak to your GP or dial 111. The best remedy is to rest, keep warm and drink plenty of water to avoid dehydration. You can take paracetamol or ibuprofen to lower a high temperature and relieve aches if necessary.

For further health information please visit our Feeling First Class website www.feelingfirstclass.co.uk using the code "FFC1" when first registering.

Autumn Winter Health Campaign (Week One)

September 2018

Intended Audience: All

Managers' Brief