

## Autumn Winter Health Campaign (Week Two)

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 focus on how you can catch flu and ways in which you can reduce the risk of catching 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

#### How you catch flu

The flu virus is contained in the millions of tiny droplets that come out of the nose and mouth when someone who is infected coughs or sneezes.

These droplets typically spread about one metre. They hang suspended in the air for a while before landing on surfaces, where the virus can survive for up to 24 hours.

Anyone who breathes in the droplets can catch flu. You can also catch the virus by touching the surfaces that the droplets have landed on if you pick up the virus on your hands and then touch your nose or mouth.

Everyday items at home and in public places can easily become contaminated with the flu virus, including food, door handles, remote controls, handrails, telephone handsets and computer keyboards. Therefore, it's important to wash your hands frequently.

You can catch flu many times, because flu viruses change regularly and your body won't have natural resistance to the new versions. This is why there are multiple virus strains within the flu jabs, to maximise successful inoculation.

The vaccine is effective at reducing the chance of catching flu and at alleviating the severity of symptoms if you do.

#### Preventing the spread of flu

You can help stop yourself catching flu or spreading it to others with good hygiene measures. Always wash your hands regularly with soap and warm water, as well as:-

- using tissues to cover your mouth and nose when you cough or sneeze

## Autumn Winter Health Campaign (Week Two)

**September 2018**

Intended Audience: All

Managers' Brief

- putting used tissues in a bin as soon as possible
- regularly cleaning surfaces such as your sorting frame / workstation, computer keyboard, telephone etc. to get rid of germs.

For further health information please visit our Feeling First Class website [www.feelingfirstclass.co.uk](http://www.feelingfirstclass.co.uk) using the code "FFC1" when first registering.

### Actions

Deliver the brief and then display on the Health and Safety noticeboard

Display the poster showing correct method for washing your hands

Show the NHS video on hand washing available on this advice site [www.nhs.uk/conditions/flu](http://www.nhs.uk/conditions/flu)