

## Flu Innoculation Voucher

September 2018

Intended Audience: All

Managers' Brief

### Introduction

Last year the highly virulent strain of influenza affected many colleagues and their families, as well as impacting on the NHS with higher than average hospital admissions and visits to GPs due to this virus.

This meant that in addition to the ill health our colleagues were suffering, there was an impact on our service to customers.

### Overview

If you get flu you are likely to suffer with symptoms that can be extremely painful and uncomfortable.

One of the ways that you can protect yourself is to have a flu jab so that you are potentially inoculated against being infected with the virus. **Some people will be offered the flu jab through the NHS due to either having a specified medical condition or being pregnant.** If you are eligible for the vaccination via the NHS, you should accept this offer and make arrangements via your local GP surgery or a high street pharmacy. **You are eligible to receive a free NHS flu jab if you:**

- Are 65 years of age or over
- Are pregnant
- Receive 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
- Have one of the medical conditions listed below
  - Chronic (long-term) respiratory diseases, such as asthma (which requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), chronic obstructive pulmonary disease (COPD), emphysema 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, motor neurone disease or multiple sclerosis (MS)
  - Diabetes
  - Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
  - A weakened immune system as the result of conditions such as HIV and AIDS, or medication such as steroid tablets or chemotherapy
  - Being seriously overweight (BMI of 40 or above)
  - Other chronic conditions listed on the NHS website [www.nhs.uk/conditions/flu](http://www.nhs.uk/conditions/flu)

**Some of our employees will be eligible for the free NHS vaccination so it is important to**

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**check first and for those who are eligible to accept this offer.** For those employees who are not eligible we are offering the opportunity to have a flu jab paid for by Royal Mail. You can get this by presenting a voucher, along with your Royal Mail ID card, at any branch of Lloyds Pharmacy.

Vouchers will be sent with the September Courier. The inoculation is available from 17 September through to 31 December 2018 and it is advised to have it as early as possible before the virus becomes widespread in the autumn and winter months.

It is advised that you contact your local branch of Lloyds in advance to make an appointment as they cannot guarantee an on the spot inoculation if you arrive without an appointment, especially as demand for the jab is high. To find your local branch go to [www.Lloydspharmacy.com](http://www.Lloydspharmacy.com)

If you are an agency worker who has been working for Royal Mail for 12 weeks or more then please speak to your manager about receiving your voucher. They will check your eligibility and then print off a voucher

Further information and guidance is available from NHS [www.nhs.uk/conditions/flu](http://www.nhs.uk/conditions/flu)

This campaign is supported by both the CWU and Unite / CMA unions who are encouraging all employees to consider this health benefit.

## Actions

Deliver this briefing to all employees.

Display this briefing on the SHE noticeboard

Display the accompanying posters at various points around your units especially near hand washing facilities

## Preparing your WTLL session

Thoroughly read the briefing materials and print off the posters.

Familiarise yourself with the key messages and make sure these are repeated at regular intervals during huddles

Use this link to print off duplicate vouchers or vouchers for qualifying agency staff [2018 Flu Voucher](#)

## Facilitation tips

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For more information visit the NHS website and also refer to the occupational health guidance on the Safety, Health and Environment homepage using the link below

[Occupational Health and Guidance](#)

### Running the session

This is a positive employee health benefit so please encourage all staff to take up the offer of the flu jab either through the NHS where applicable (contact their local GP or pharmacist) or through this offer.