




Keep yourself and your family flu free this winter

Thank you to everyone who has helped keep Dorset well this winter so far.

We have had a good uptake of flu vaccines by children and people aged 65 but there is still time to get protected and more that we can do.

Flu can often be at its peak during January and February and we at Public Health Dorset are encouraging as many people as possible to get the flu vaccine to stay protected.

The flu vaccine is the best way to do your bit to protect yourself, your family and your communities from the misery of influenza.

If you are aged over 65, pregnant, have a long term health condition such as diabetes or a carer, you are entitled to a free flu jab.

If you are a parent of a 2 or 3 year old, you can get them protected with a free flu vaccine from the GP or Pharmacy.

Young children in school years reception through to year 5 will receive their flu vaccine at school.

Talk to your GP, pharmacist or midwife about getting a flu vaccine.

Practical tips on preventing flu

- Good hand hygiene practice
- Viruses from coughs and sneezes can live on your hands and hard surfaces for up to 24 hours so when you use a tissue, bin it and wash your hands thoroughly
- Children tend not to be so good at hand washing, so perhaps try “fun” ways of encouraging them

For more information visit: www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/