

What is flu?

Flu (influenza) is a very common illness that is highly infectious and spread by the coughs and sneezes of people who have it. You can also catch flu by touching a surface or door handle if someone who has flu has touched it before you.

How serious is flu?

In some people flu develops into more serious illnesses, such as bronchitis and pneumonia, which could result in an admission to hospital. It can also make existing conditions worse.

In the workplace, flu can spread very quickly among workers (and also their families and friends) and, having high numbers of people off work at any one time, can severely affect productivity and morale.

How can the workplace be protected against flu?

Employees can be protected against flu by having a simple vaccination against it. The flu vaccine gives good protection against flu for up to a year. Because the strains (types) of flu can change, a new flu vaccine is produced each year to provide protection against the different strains that the World Health Organization (WHO) expects to be the most common that winter.

Workplace flu jabs make commercial sense as they are proven to reduce absence so they more than pay for themselves in an average year.

In addition, as part of your disaster recovery and pandemic contingency planning, they help protect against significant disruption to your organisation and your services.

Flu vaccinations are also a popular staff benefit and provides duty of care.