



2<sup>nd</sup> December 2019

Dear Parents

We have seen a significant increase in the number of cases of flu in Salford over the last few weeks affecting both adults and children.

**The best way to protect you and your family from flu is to get vaccinated.**

The vaccination is available, free of charge from your GP to the following groups –

- adults age 65 and over
- At risk groups age 6 months to 65 years – this is people with certain medical conditions e.g. asthma; heart disease, diabetes; multiple sclerosis or lowered immunity
- children aged 2 and 3 on 31 August 2019
- children in primary school (only available in school)
- frontline health or social care workers
- If you are a registered carer for somebody
- Pregnant women

Most local pharmacies also provide the vaccination free for those at risk over the age of 18. If you would like the flu vaccination but do not fit into one of the eligible groups above you can still get the vaccination from a local pharmacy at a small cost (only over 18 year olds).

If you or your child is invited by your GP please make time to attend. This vaccine could protect you and your family.

Flu is very easy to catch and in certain cases can lead to serious complications like bronchitis or pneumonia. Flu is easily spread by children when they sneeze and on their hands. Vaccinating them may also protect others who are vulnerable to flu such as babies, older people, pregnant women and people with serious long-term illnesses.

## Symptoms of flu

Flu symptoms come on very quickly and can include:

- a sudden fever – a temperature of 38°C or above
- an aching body
- feeling tired or exhausted

- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

**To help you get better more quickly:**

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

For advice you can telephone your GP surgery or contact NHS 111.

Yours faithfully,



**Gillian Mclauchlan**  
**Deputy Director of Public Health**