

Number One Health



Some facts about Influenza

- Influenza, or 'flu' is a highly contagious acute viral infection that affects people of all ages
- It typically starts suddenly with fever, chills, headaches, aching muscles, a cough or other respiratory symptoms
- While most people recover without complications in 1–2 weeks, flu can cause serious illness and death, especially in the very young and the elderly
- Flu epidemics occur mainly in the winter months and can result in widespread disruption to healthcare and other services
- A flu vaccine is produced every year based on the strains of virus expected to be circulating.

The Influenza Vaccine

Immunise your staff against flu

The Number One Health team will come to your offices and administer the flu vaccination to your staff.

Why do your staff need the flu jab?

Immunisations like the flu jab are one of the most effective health care interventions, and the flu vaccine or jab is highly effective in preventing illness and reducing hospital admissions and deaths from flu.

How do you know what type of flu to vaccinate against?

Through monitoring the spread of influenza world-wide, the World Health Organisation recommends which virus strains to include in the vaccine to combat the likely prevalent strains.

Does the flu vaccination give you flu?

No. The flu vaccine contains no live virus and cannot therefore cause 'flu.'

Are there any side effects from the vaccine?

The influenza vaccine is usually well tolerated. There may be temporary soreness at the site of injection. Rarely it can cause fever and muscle aches lasting up to two days, and very rarely it has been associated with Guillain-Barre syndrome.



Is there anyone who should not be given the flu vaccine?

As the vaccine viruses are grown on eggs, people with a severe allergy to hen eggs should not be given the vaccine.

How long will the vaccination take?

The vaccination takes no time at all. The Number One Health team will come on-site to your offices to administer the flu vaccines, and answer any queries any one of your staff may have on a one-on-one basis.

How much will it cost?

Flu vaccinations usually cost £10–15 per person however there is a significant reduction for volumes of vaccinations (i.e. £10 per vaccination for more than 100 staff). There is a negotiable cost for the on-site nurse and for transport outside greater London.

Contact Number One Health for more information on our flu vaccinations or to book our on-site flu services. Please call Kristina Evangelou on 020 7291 0949 kristina@numberonehealth.co.uk