

PRESS RELEASE

10 November 2017

FLU MYTHS BUSTED AS HEALTH AND CARE LEADERS STEP UP RACE TO BEAT FLU THIS SEASON

This year Thurrock's public health team and the Clinical Commissioning Group have got together to fight the threat of flu with a series of myth busters, video and information to help people make an informed decision on their flu jab.

Last year Thurrock's eligible population were under vaccinated, putting them at risk of serious health problems due to the flu. Flu can even be fatal. To show the numbers that need to be vaccinated and those who have been vaccinated, a [flu thermometer](#) has been created to show people how far Thurrock has to go to reach the target. This will be updated every two weeks, log on to thurrockccg.nhs.uk to see how the area is doing!

Ian Wake, Director of Public Health, Thurrock Council said:

"Each year people who are eligible should get their free flu jab at their GP or community pharmacy. If you haven't had yours, don't delay. As the visual Thermometer shows, we're in the middle of flu season and only 40% are vaccinated.

"Vaccinations are free, relatively quick and painless and can prevent serious health complications. We've made it even easier in Thurrock this year, GPs are offering extra flu clinics and you can even be vaccinated by your local pharmacy."

To help put people at ease Thurrock Clinical Commissioning Group has filmed Jackie from Thurrock Council having her flu jab, you can view this here:

<https://www.youtube.com/watch?v=3RV7WqjXq98>

A [myth buster document](#) is also available to view to allay any fears that might be preventing people from getting their flu jab.

Dr Deshpande, local GP and Chair of Thurrock Clinical Commissioning Group said:

“Flu is not just a cold – it can be a really serious illness for some people and it doesn’t just affect older people. If you’re pregnant, under 7 years old, have lowered immunity or a long term health condition such as severe asthma, a chest or heart complaint, or diabetes then you should also get a free flu jab from your GP and get flu safe. The flu jab is very safe, and it can’t give you flu.

“Flu can increase the risk of developing more serious illnesses such as bronchitis and pneumonia, and can make existing conditions much worse. Flu can knock you off your feet and make it hard to look after family or go to work. In the most severe cases, seasonal flu might land you in hospital - it can even result in death.

“If you’re in any of the ‘at risk’ groups, the flu jab is completely free and is a safe way of protecting you and your family in a matter of minutes.”

ENDS

For more information or to arrange interview, please contact Aaron Faunch, Communications Officer, Thurrock CCG, aaron.faunch@nhs.net or contact 01375 365810.

Notes to Editors:

To access the Flu Thermometer URL visit

<http://www.thurrockccg.nhs.uk/about-us/our-key-documents/information-leaflets/information-leaflets-2017/3822-thurrock-flu-vaccine-thermometer-2017/file>

To access the Mythbuster URL visit:

<http://www.thurrockccg.nhs.uk/about-us/our-key-documents/information-leaflets/information-leaflets-2017/3819-flu-myth-busters-november-2017/file>