

What is seasonal flu?

Seasonal flu is an annual event that is expected during the winter months. The flu vaccination in Northern Ireland offers protection against the main seasonal flu strains that were circulating during last year's Southern Hemisphere winter, and information to date shows a good match between the vaccine and the strains which are currently circulating.

Therefore, it is **essential that everyone who is eligible for vaccination takes up the opportunity**. This is also why you need to be vaccinated annually, to ensure you have the most comprehensive protection.

What is 'Australian flu'?

The A (H3N2) flu strain has been referred to in the media as 'Australian/Aussie flu'. A (H3N2) and the other flu strains currently circulating are seasonal flu viruses that have occurred in previous years during the winter months in both the Northern and Southern Hemispheres.

Last year (2017), seasonal flu activity in Australia was the highest seen since 2009 (the pandemic year). The most common flu virus that was circulating in Australia was the A (H3N2) strain, although other seasonal flu strains were also circulating.

The A (H3N2) strain was the predominant strain in last year's flu season in Northern Ireland and across the UK and Ireland.

How bad is the flu situation currently in Northern Ireland?

Seasonal flu is an annual event of varying severity which Health and Social Care plans for each year. In the past few weeks there has been an increase in flu activity in Northern Ireland. However, the season is defined as having low flu activity to date.

Flu can be a serious disease every year. However, to date, the current flu viruses circulating are not causing more serious disease than in previous years.

While it is difficult to predict the course of flu seasons and the likely severity, our comprehensive flu programme, good levels of vaccine uptake and more extensive vaccination programme for children mean levels of immunity in the population in Northern Ireland should be higher than elsewhere.

Why is it important to get the flu vaccine?

Northern Ireland benefits from a more comprehensive flu vaccination programme than England, the Republic of Ireland or Australia. Historically we have also had good vaccine uptake across eligible groups. This can offer better protection for individuals and the community against flu.

However, it is important that the public does not become complacent and miss getting their vaccine if they are eligible. High uptake of the vaccine is required to help protect individuals and those in the community that are more vulnerable to the serious complications of flu. You should have your flu vaccine at the earliest opportunity and it is not too late to have it now.

Who is eligible for the free flu vaccine?

Those eligible for the vaccine include:

- all individuals over 65 years of age;
- people under 65 years that have pre-existing long-term clinical conditions;
- pregnant women at any stage;
- pre-school children (aged two to four years);
- primary school children (aged four to eleven years);
- healthcare workers;
- individuals living in care homes, carers and household contacts of individuals that are immunosuppressed.

Is it too late to get the flu vaccine?

No. If you or someone in your care is eligible for vaccination, contact your GP to make an appointment. It takes approximately two weeks following vaccination to develop maximum protection against flu. As flu levels have been increasing it is important to get vaccinated immediately.

What are the symptoms of flu?

The symptoms of flu include:

- fever (typically 38–40°C) – this tends to be more severe in children;
- fatigue/unusual tiredness;
- headache;
- runny nose;
- sore throat;
- shortness of breath or a cough;
- loss of appetite;
- aching muscles;
- vomiting or diarrhoea;
- sensitivity to light;
- insomnia;
- dry, unproductive cough.

Flu symptoms usually peak after two or three days and you should begin to feel much better within five to eight days. However, **older people or those with certain medical conditions may develop complications that can lead to serious illness and can be life-threatening.**

What do I do if I get flu?

It is important to remember that for most people, flu can be treated at home with rest, drinking plenty of fluids and taking medicine such as paracetamol, as directed, to control the symptoms.

If you have a high temperature and breathing difficulties, if your symptoms are getting worse over time or you haven't improved after a week, you should contact your GP or the GP out-of-hours service.

You should not attend an Emergency Department unless it is urgent and essential.

Is flu the reason our Emergency Departments are so busy?

No. Our health service is under considerable pressure for lots of reasons.

However, flu activity can be difficult to predict and therefore there is always the potential for flu to have an impact on Emergency Departments if more people acquire the virus.

The best way we can protect ourselves and others from getting flu and its serious complications is by ensuring that all eligible people get the flu vaccination to help protect themselves and those around them, and reduce circulation of the virus in the community.

If I'm not eligible for the flu vaccine, what can I do?

You can take simple steps to reduce the spread of the flu virus. Remember, you should always:

- carry tissues;
- use tissues to cover your mouth and nose when you cough or sneeze;
- dispose of the dirty tissues quickly;
- wash your hands regularly;
- clean hard surfaces (such as door handles) frequently using your usual cleaning product.

For more information about the flu vaccine visit www.nidirect.gov.uk/stay-well or www.pha.site/Flu-leaflets



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