

Risks to Staffordshire

Pandemic and Seasonal Flu

What is seasonal flu?

Seasonal flu usually occurs during winter months. It is more serious than a cold and the symptoms are high temperatures, headaches and muscle pains.

People with chronic conditions (eg, asthma) and older people are most at risk of developing complications if they catch flu. This is why the seasonal flu vaccine is recommended to these groups within the community.

What is pandemic flu?

A pandemic occurs when a new influenza virus, which people have no immunity to, emerges and starts spreading as easily as normal influenza. Unlike seasonal flu, Pandemic Flu can affect anyone. As we saw with Swine Flu it mainly affected the young.

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How do you catch flu?

Flu viruses are made up of tiny particles that can be spread through the droplets that come out of your nose and mouth when you cough or sneeze.

If you cough or sneeze into your hand, those droplets and the germs in them are then easily spread from your hand to any hard surfaces that you touch. If other people touch these surfaces and then touch their faces, the germs can enter their systems and they can become infected.

What you should do

The best thing you can do to protect yourself is to follow good hygiene practices.

