



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Cardiff and Vale Public Health Team,
Whitchurch Hospital,
Park Road,
Cardiff,
CF14 7XB.

To: Local employers in Cardiff and the Vale of Glamorgan

23 September 2014

Dear Colleague,

Seasonal flu: protecting your staff and reducing sickness absence

Seasonal influenza (flu) is an important disease which causes significant illness and a number of deaths every year during the winter months. As your local NHS Health Board we are writing to encourage you to help your staff who are in the risk groups for flu (listed below) have their free flu jab.

Flu vaccination is a quick, safe and effective way of reducing the risk of catching and passing on influenza. People at higher risk of serious illness from flu are eligible for free flu vaccination on the NHS. As well as the flu jab protecting these individuals, it may also make them less likely to go off sick during winter, keeping your workforce healthy and reducing absenteeism.

Main at-risk groups for seasonal flu

- People with long-term conditions, including heart, lung, kidney and liver diseases, and diabetes
- Pregnant women
- People who care for other people on an unpaid or voluntary basis, e.g. relatives in their family or work for a voluntary organisation
- Over 65s

The flu jab will be available from an employee's family doctor (GP), from early October onwards. Many local GP surgeries are offering flu vaccine before or after normal business hours, or at special weekend clinics. In addition the flu jab will also be available free from selected pharmacies across Cardiff and Vale.

As a local employer we would be grateful for your support in keeping the population of Cardiff and the Vale healthy this winter by reducing avoidable flu infections. We would encourage you to proactively raise awareness of the flu vaccination and eligible groups (above) with staff, and I have attached a poster which you may also wish to use. Encouragingly, over two thirds of local employers in a survey last year had allowed eligible members of staff time off to receive a vaccination.

If you have any queries or would like any advice on flu and the flu vaccine, or would like any printed materials to display or hand out, please do not hesitate to contact us.

Many thanks,

Yours faithfully,



Dr Tom Porter
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enc. Welsh Government flu poster (attached to email)