

Essential for winter health

Some public health basics

30th September 2025

General Winter Resilience - Staff

- Seasonal flu immunisation
- Sickness (do not bring respiratory or gastrointestinal symptoms to work)
- IPC training and audits. (hand washing, respiratory hygiene, correct use of PPE)
- TB awareness (joining organisation, symptoms develop: cough > 3 weeks, night sweats, unexpected weight loss)
- Vigilant for outbreaks
 - Plan possible responses to outbreaks (segregated infected and non-infected residence; minimise staff working across different teams; how to manage visiting; when to close to new admissions)



General Winter Resilience – Residence / Clients

- Seasonal flu immunisation
- COVID-19 immunisation
- Pneumococcal immunisation

- Good nutrition
- Physical activity
- Social contact
- Falls avoidance
- Warmth



Resources

Staff wishing to book their flu immunisation:

- on-line through the national booking service <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-flu-vaccination/>
- or
- Through the NHS App (<https://www.nhs.uk/nhs-app/>).

Basic Infection Prevention and Control information:

<https://www.gov.uk/government/publications/infection-prevention-and-control-in-adult-social-care-settings/infection-prevention-and-control-resource-for-adult-social-care>

The **UK Health Security Agency** contact details

EastofEnglandHPT@ukhsa.gov.uk or telephone 0300 303 8537.

[Preparing for winter webinar](#) Public Health and UK Health Security Agency. Wednesday 15 October, 11:30am to 12:30pm