

Free flu jab now available

Each year many colleagues and their families suffer from influenza (flu) which can lead to severe ill health.

In consideration of the risk of flu and COVID-19 co-circulating this winter we are encouraging all employees to have the flu jab to reduce their risk of getting flu, becoming very unwell and passing flu onto family, friends and colleagues.

Some employees will be offered a free NHS vaccination, so it is important to check the NHS website first or contact their GP and for those who are eligible to accept this offer.

For those employees who are not eligible for an NHS vaccination we are offering the opportunity to have a flu jab paid for by Royal Mail.

You can get this by presenting a voucher, which will be delivered direct to each employee's home address this week, along with your Royal Mail ID card, at any branch of Lloyds Pharmacy.

Vouchers can be redeemed from **1 October through to 31 December 2020**. It is advised to have the jab as early as possible before the flu virus becomes widespread in the autumn and winter months across the UK.

Lloyds advise to [visit their website](#) to **book an appointment and complete an online consultation** to confirm you are able to receive a flu jab. **Lloyds pharmacies cannot guarantee an on-the-spot inoculation if you arrive without an appointment**, especially as demand for the jab will be high.

This campaign is led by Dr Shaun Davis, Global Director Compliance and Sustainability and fully supported by both the CWU and Unite / CMA who encourage all employees to seriously consider this free health benefit.

The offer is also available to agency workers who have already, or are expected to work for Royal Mail for 12 weeks or more. Managers are be able to print off an agency specific voucher, as well as reprint lost Royal Mail vouchers via a [dedicated intranet page](#), which also includes a document with frequently asked questions and workplace poster to help promote this free health benefit.

Employees should not attend a flu jab appointment until they have recovered and / or completed the required self-isolation period if you are displaying symptoms of COVID-19 or are confirmed to have COVID-19. The same applies to employees identified as close contacts of confirmed COVID-19 cases identified by the NHS Test and Trace service.

Because some of the symptoms of flu and COVID-19 are similar, anyone with flu/COVID-19 symptoms should self-isolate for the required period immediately and request a COVID-19 test to help confirm a diagnosis.

This year, more than ever, we need to protect those most at risk from flu so please consider receiving a free flu jab. Further information and guidance is available from [NHS](#).