



Every employee and contractor working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work.

Flu Season Has Started

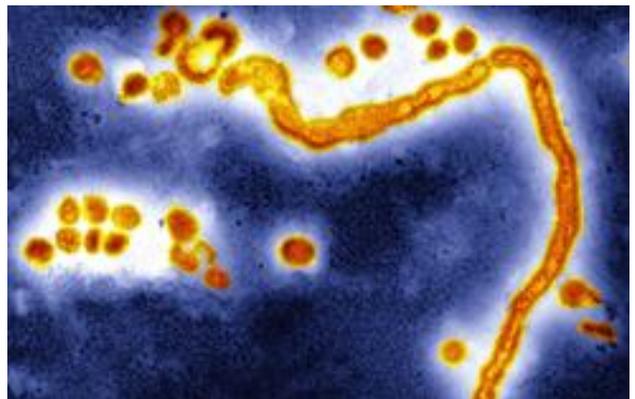
The latest figures from Public Health England show that flu is now circulating in the community with an increase in both children and adult cases.

A Public Health England expert has commented;

“Although unpleasant, for most healthy people, flu is a self-limiting illness. Symptoms include sudden onset of fever, cough as well as sore throat, aching muscles and joints. The best advice for treating flu in healthy people is to stay at home, rest, drink plenty of fluids and take pain relievers such as paracetamol. Children under 16 should not take any medicines containing aspirin.

“People in at risk groups who develop symptoms consistent with flu, or if anyone’s symptoms persist or become more severe, they should seek medical advice.

“Maintaining good cough and hand hygiene, such as covering your nose and mouth with a tissue when you cough and sneeze, disposing of the tissue as soon as possible and cleaning your hands as soon you can are important actions that can help prevent the spread of germs and reduce the risk of transmission.”



See NHS Choices for more information on flu

NHS choices Your health, your choices