



Daily update
(4 December 2025, 12.40pm)

Influenza: Important Staff Information

We are entering a period of increased flu activity. Please familiarise yourself with the key guidance and resources below to help keep yourself, our patients and colleagues safe. Below are some of the key documents that might help including how to access vaccinations for you and your patients, who may benefit from antiviral treatments and guidance on how to decide if we need to consider additional actions to try and reduce the impact on patients, staff and visitors.

Key Resources

- **Infection Prevention and Control (IPC) guidance** for influenza is available via the IPC desktop icon or [here](#). For suspected cases or outbreaks, please contact the Infection Prevention and Control Team (IPCT).
- **Staff vaccination** information: [NHSGGC Winter Vaccination Programme 2025/26](#).
- **Patient vaccination** information: [News and Updates - NHSGGC](#) please click on what's new a scroll down to Inpatient Vaccination Guidance for Long Stay Patients Documents.
- **Antiviral treatment and prophylaxis guidance for patients:** [Influenza: treatment and prophylaxis using anti-viral agents - GOV.UK](#)
- **Patient testing:** PCR testing is available via WoSSVC or point-of-care PCR. Any positive point-of-care result should be followed up with a sample to WoSSVC for surveillance.
- **Extending the use of surgical IIR masks during times of high prevalence of respiratory viruses** - National Infection Prevention and Control Manual. Section 2.4.1 [National Infection Prevention and Control Manual: Chapter 2 - Transmission Based Precautions \(TBPs\)](#)

Respiratory Illness and Attendance

- As during previous periods of peak covid activity staff should continue to follow guidance as laid out in [COVID-19 | Right Decisions](#)
- If you do not feel well enough to come to work, or have a temperature, please stay at home and avoid close contact with others. You can return when you feel well enough and no longer have a fever.
- If you feel well enough to be at work but have mild respiratory symptoms (without a fever), please consider wearing a Type IIR surgical mask when providing direct patient care or working closely with colleagues.

Mask Guidance

- If you remove your mask (e.g. for a break), please apply a new mask afterwards following hand hygiene.
- A single mask may be worn for a continuous task across multiple patients (e.g. observations or ward rounds).
- Masks should be changed when moving between clinical areas or between clinical and non-clinical areas.
- Dispose of used masks in orange clinical waste bags.

Cough and Hand Hygiene

- All staff should continue to follow good respiratory and hand hygiene:
- Cover your nose and mouth with a tissue when coughing or sneezing.
- If no tissue is available, cough or sneeze into your elbow.
- Dispose of tissues and used masks promptly in the appropriate waste bin.
- Replace masks that become damp or contaminated.
- Wash hands with liquid soap and warm water after coughing, sneezing, or contact with respiratory secretions or contaminated items.
- Avoid touching your eyes, nose and mouth with unwashed hands.

Other Seasonal Infections

As seasonal infections rise, please remember: if you have symptoms, avoid close contact with others and follow return-to-work guidance.

🏠 Stay home for 48 hours post-symptoms

If you're experiencing symptoms like vomiting and/or diarrhoea, stay home until 48 hours after symptoms have stopped. Norovirus spreads quickly in care settings – your decision to stay home protects patients, residents, and colleagues.

Reminder: Report illness to your line manager.

Useful links:

[Symptoms and self-help | NHS inform](#)

[Illnesses and conditions | NHS inform](#)

[National Infection Prevention and Control Manual: Norovirus - key steps to help stop the spread of infection poster](#)

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

It is important to share Core Brief with colleagues who do not have access to a computer.

A full archive of printable PDFs are available on [website](#)