

COVID-19 Update for UK Employees | 20/11/2020

Remember to Get Your Winter Flu Jabs

As you may have seen, this morning the Health Secretary Matt Hancock has announced that the flu jab will now be free for anyone over the age of 50, from 1st December 2020. For any of those who have not already received a flu jab, please remember that if you are not eligible for a free vaccine, you can claim the cost of having it done privately back through CEMEX.



Please keep the receipt for your vaccine so the cost can be reimbursed through payroll, by emailing the receipt with your details to: gb-hrcentraladmin@cemex.com

FICTION
The flu vaccine gives you flu

FACT
The flu vaccine cannot give you flu, as it doesn't contain any live viruses

FICTION
The vaccine does not work. I still got the flu.

FACT
Over the last ten years, the vaccine has provided good coverage against flu and it is still the best way to fight flu

FICTION
The flu vaccine is not safe

FACT
The vaccine is well-tested and has an excellent safety record

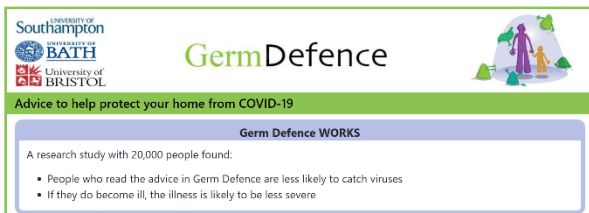
We also wanted to share the attached Flu Facts vs Flu Fiction graphic, which may help answer any concerns or questions you have about the vaccine.

Symptoms of Coronavirus

Since the start of the pandemic, as more information has become available about the virus, we have seen updates to the known symptoms to look for. According to the World Health Organization, the most common symptoms are fever, dry cough and tiredness. However, there are a number of less common symptoms: aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell and a rash on skin, or discolouration of fingers or toes. For further detail click [here](#).

Please ensure you remain alert to all possible symptoms and get a test if you believe you may have contracted the virus.

Germ Defence Advice Website



We wanted to share a useful resource with you; [Germ Advice](#). This website offers simple, clear advice on how to protect yourself, family and colleagues from COVID-19 and viruses in general. It may also be a good guide for talking through ongoing hygiene habits and prevention measures with children and your families.

Employee Assistance Programme

Free, confidential support and counselling available for all employees

If you're worried about a work, family or personal issue then the Employee Assistance Programme can help, 24/7.

Support with everything from consumer rights to bereavement, depression & anxiety to childcare.

Visit www.lifestyle-support.co.uk (username: cemex / password: cemex) or call 0808 1682143

