

# INFLUENZA UK STATS:



## HOSPITALISATIONS FLU SEASON 2022-23:

- Peak and total hospitalisation rates were higher in England than previous flu seasons. Total hospitalisations in Scotland were at their highest since the 17-18 season<sup>1</sup>
- In the week running up to 25th December 2022 there were 3746 hospital admissions a day for influenza. This was an increase of almost 80% based on the previous week<sup>2</sup>

## DEATHS FLU SEASON 2022-23:<sup>3</sup>

- Excess deaths following the 22-23 flu season were at their highest in 5 years. Data from the UK Health Security Agency (UKHSA) showed excess deaths in England associated with flu (14,500) were higher than the average figure for the 5 years before the COVID pandemic
- It is the highest figure since the 2017-18 figure where excess deaths recorded was at 22,500

*(Note: Covers flu activity observed in the UK from week ending 9th October 2022 until week ending 16th April)*

## LONG-TERM HEALTH IMPLICATIONS:

- Possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle tissues (myositis, rhabdomyolysis), and multi-organ failure (for example, respiratory and kidney failure)<sup>4</sup>
- The flu can have long-term effects on health, such as an increased risk of heart attack and stroke<sup>5</sup>

<sup>1</sup><https://www.gov.uk/government/statistics/annual-flu-reports/surveillance-of-influenza-and-other-seasonal-respiratory-viruses-in-the-uk-winter-2022-to-2023>

<sup>2</sup><https://www.theguardian.com/society/2022/dec/30/flu-england-number-of-hospital-patients-up-covid>

<sup>3</sup><https://www.gov.uk/government/news/excess-deaths-associated-with-flu-highest-in-5-years>

<sup>4</sup><https://www.cdc.gov/flu/symptoms/symptoms.htm#:~:text=Other%20possible%20serious%20complications%20triggered,%20respiratory%20and%20kidney%20failure>

<sup>5</sup><https://www.health.com/condition/flu/flu-long-term-effects>

**Doctorcall Limited**

Executive Office: 47 Nottingham Place, London W1U 5LZ  
St. Ann's Square, 2-4 Exchange Street, Manchester M2 7HA  
No. 02352745

**Tel: 0344 257 0345**

**[www.doctorcall.co.uk](http://www.doctorcall.co.uk)**

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## PRODUCTIVITY:<sup>6</sup>

- An estimated 2.4m working adults in the UK could fall ill to influenza annually
- This corresponds 4.8million workdays lost due to absence and decreased productivity whilst at work
- On average 2-4 days are lost per person due to having flu

## BENEFITS OF FLU VACCINATION:<sup>7</sup>

- The flu jab helps you avoid catching the flu. In the UK the vaccine prevented up to 52% of flu cases between 2015 & 2020<sup>8</sup>
- The flu jab can reduce the risk of flu-associated hospitalisation, especially for those in high risk categories, such as a high BMI, over 65 etc
- A number of case studies have shown people receiving an annual flu vaccine are a lower risk of having a heart attack and other heart related issues
- The flu jab reduces the severity of symptoms in those who still get sick after the vaccination. An American study found:  
Flu vaccinations in young adults reduced their risk of hospital admission due to flu by 37% and intensive care by 82%
- Being vaccinated helps protect others around you with low immunity- herd immunity.

<sup>6</sup> [https://www.rand.org/pubs/research\\_reports/RRA2165-1.html](https://www.rand.org/pubs/research_reports/RRA2165-1.html)

<sup>7</sup> <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/flu-jab>  
<https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why/the-flu-vaccination-who-should-have-it-and-why-winter-2023-to-2024>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8138807/>

<sup>8</sup> <https://vaccineknowledge.ox.ac.uk/flu-vaccine#More-information-about-the-vaccine>

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