

# FLU SEASON IS COMING!

**The Disease:** Influenza is a highly contagious respiratory illness caused by influenza viruses A and B. It is a viral infection transmitted by respiratory secretions through sneezing or coughing. On average, **one in ten adults contract influenza every year.** While most healthy people fully recover from the illness, outbreaks of flu can have a serious impact wherever they occur, sometimes leading to extended absences from work.

***The flu can also be brought home to be shared with family members!***

**Your employer is hosting a convenient  
FREE flu vaccination program right  
here at work!**

**Symptoms of the Flu:** Fever, cough, sore throat, runny or stuffy nose, headache, muscle aches, and often extreme fatigue. Most people recover completely within 1-2 weeks. However, compared with other viral respiratory infections like common colds, influenza causes more severe complications such as pneumonia in vulnerable groups.

**Prevention and Control:** The viruses that cause influenza continually change over time, which enables them to evade the immune system of its host. Rapid changes in the influenza virus make it necessary to make annual changes in the composition of the vaccine. Therefore, annual prevention and control are the only realistic means of dealing with influenza.

***The flu season runs from  
November through April.***

**Vaccine:** The vaccine is one dose, administered in the arm muscle by a nurse from Saint Francis Hospital.

**Risks:** The risk of the vaccine causing life-threatening harm is extremely small. The viruses used to make the vaccine are killed, so you cannot get the flu from the vaccine. Most people who get influenza vaccine have no problems at all, although some have mild reaction such as soreness and redness where the vaccine was given, fever or aches that last 1-2 days after the shot.

***Pregnant women must present written permission from their doctor before getting the vaccine. Individuals who are sensitive or allergic to thimerosal, latex, eggs or egg products or are currently ill with an active neurological disease should be vaccinated by their private healthcare professional.***

***Employee fee per vaccine: FREE***

***Return interest form to:***

***You will be notified of the date and time  
of vaccine administration.***

## Interest Form

**YES! I WOULD LIKE TO  
GET A FLU SHOT!**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Department

\_\_\_\_\_  
Phone/Ext.

**I understand that the cost of  
the vaccine is covered by my  
employer.**

To allow us to order your vaccine,  
please return this form to:

\_\_\_\_\_  
*Company Representative*

by: \_\_\_\_\_

*Date*

My family member(s) over age 18  
would also like to receive the flu  
vaccine. I understand that the  
cost is \_\_\_\_\_ per family member  
and must be paid in advance by  
the date above.

Number of family members: \_\_\_\_\_

*Note: Pregnant women and persons with a  
history of hypersensitivity or allergy to  
vaccine components, including eggs,  
should bring written permission from their  
doctor to receive the vaccine.*



Occupational Health Program of  
SAINT FRANCIS HOSPITAL



**THE FLU VACCINATION PROGRAM AT YOUR WORKSITE OFFERS YOU:**

**Convenience:** You can be vaccinated without leaving work, standing in long lines at a drug or grocery store, or making a doctor appointment. Plus, the vaccine is paid for by your employer!

**Protection:** The vaccine is an extremely effective method of protecting yourself, coworkers, and your family from influenza and related complications, such as pneumonia.

**Professionalism:** The vaccinations are administered by a Saint Francis Hospital registered nurse.

**Reduced sick days:** Plan your time off from work for a vacation rather than missing work for unplanned illness.

**Less germs to spread:** Employees who are vaccinated won't spread flu germs to each other.



**fact:**

Each year about 114,000 people in the United States are hospitalized because of the flu.

**fact:**

More people die of complications from the flu than from any other vaccine-preventable disease.

*Are you protected?  
Get your flu shot!*



**FLU SEASON IS COMING!**



You can get your flu vaccine right here where you work!

Vaccine Program provided by:  
Your employer and

The  
WorkPlace

