

Protect Yourself. Protect Your Loved Ones. Protect Your Patients. Protect Your Community.

# 2018-2019 Flu Vaccine Facts



**Ask questions** about what vaccines you need. If you prefer avoiding needles, a nasal spray form of the flu vaccine is available.



It's best to get to flu shot early in the season in **September**. You will develop immunity **within 2 weeks** and be protected the **entire season**.



The flu vaccine is **free** with **employee health** and **\$0 copay** with most insurance plans.

## Protect Yourself



### Benefits > Risks

The flu vaccine protects you against the most common seasonal strains of the flu virus. Mild side effects you may experience will be short-lasting, especially compared to a bad case of the flu. Most importantly, you can get back to being active faster.



### The flu shot cannot give you the flu

Most flu vaccines are inactivated and cannot infect you. Sometimes people who get vaccinated still get sick, but this is most likely caused by a different bacteria or virus with similar symptoms.



### Everyone older than 6 months should get the vaccine every year

Children are at higher risk for serious complications. Vaccination can reduce doctor's visits, missed work and school days, and prevent flu-related hospitalizations and death.



### The flu vaccine is safe for you and your children

Data from the CDC show common side effects are mild, including muscle soreness or low fever. There is no data supporting a link between vaccination and autism.



### Vaccination is important for healthcare workers

It is estimated that healthcare worker influenza vaccination could prevent 6 out of every 10 patient influenza infections.



### Some people may be at higher risk for flu-related complications

Young children, elderly people, pregnant women, and people with health conditions such as lung disease, heart disease, and weakened immune systems are at higher risk.



### The flu is contagious

The flu can be spread to other people up to 6 feet away. Adults can infect others 1 day before symptoms up to 7 days after becoming sick. Children can pass the virus for longer than 7 days.



### Protecting yourself protects everyone around you

Some diseases, like polio and diphtheria, are becoming rare and close to completely eliminated in the U.S. because of vaccinations.

## Protect Your Loved Ones

## Protect Your Patients

## Protect Your Community