

Why healthcare workers **SHOULD** receive a flu vaccine:

- Influenza is a serious respiratory disease that causes about 200,000 hospitalizations and at least 36,000 deaths from flu complications in the U.S. annually. Healthcare workers are prime targets for developing influenza due to constant exposure to sick patients
- People who develop influenza can shed virus 24-48 hours before influenza symptoms appear – thus unknowingly pass virus onto patients, visitors, co-workers and their own families.



It takes only a single droplet to possibly kill an immuno-suppressed patient.

Flu virus is spread by airborne droplets – a single sneeze from an infected healthcare worker can spray virus up to 100 m.p.h., covering a range of 8 - 10 feet.

- **“I get the flu from the flu shot” – Have you ever heard that line?**

The truth – Flu vaccine manufacturers KILL the viruses that are used during the process of making the vaccine. It is impossible to get flu from inactivated flu vaccine (flu shots).

So why don't I feel well after taking the vaccine? The most common side effect is soreness in the spot the shot was given. This soreness is often caused by a person's immune system making protective antibodies against the dead virus vaccine. These antibodies are what allow our bodies fight influenza.

- **“I don't see or touch patients – so I don't need the flu shot.”** Consider all the individuals you do have contact with on a daily basis that do have direct patient contact.

- Officials are more concerned this year with the number of H1N1 flu cases in the U.S. -- possibly infecting ½ of the population by the end of fall. The seasonal flu shot will not protect you from H1N1 (swine) flu. Until that vaccine is available, it is imperative that you use precautions to protect yourself from spread of the virus – like handwashing and use of personal protective equipment.
- Patient Safety –Get the vaccine because you are committed to protecting the patients we serve
- Safety for You and Your Family and Co-Workers – Get the vaccine to protect yourself, your family and your co-workers.