



**FLU
SEASON
AHEAD**

**2015-2016
Flu Season**

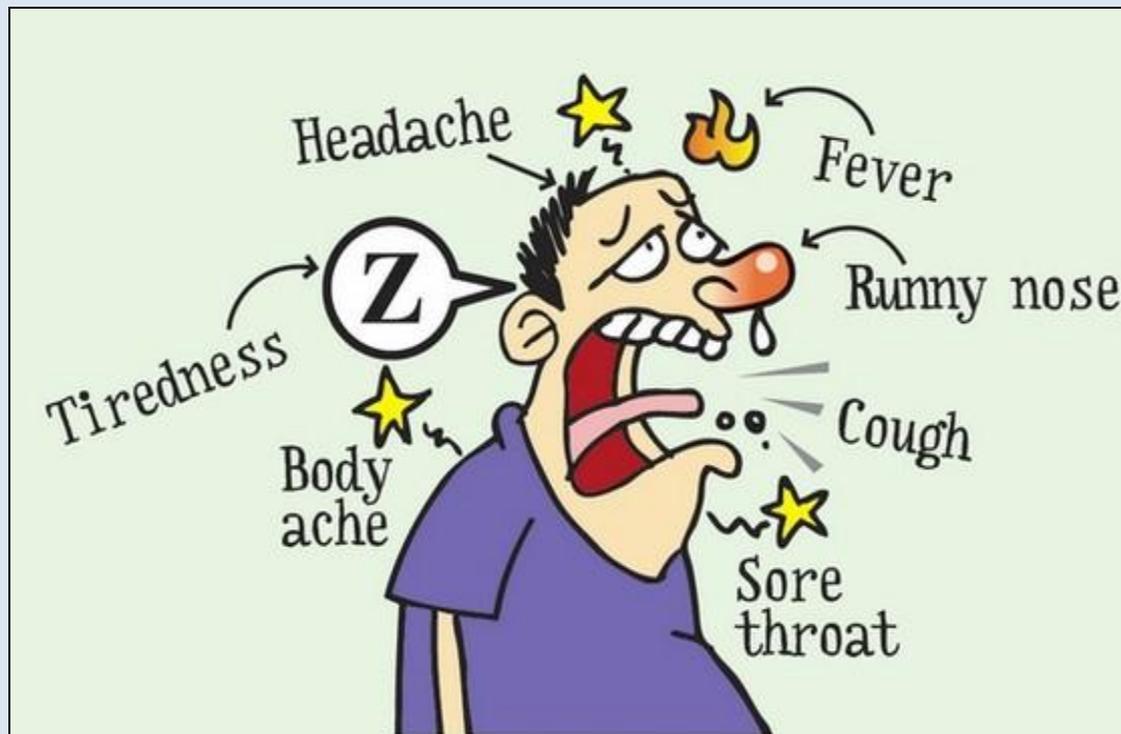
Flu Season 2015 - 2016



- Clean your hands often and well
- Catch coughs and sneezes in your sleeve or a tissue
- Clean phones, computers, etc. often
- Do **NOT** enter a room marked ISOLATION
- Do **NOT** come in to volunteer if you have a fever, don't feel well or are uncomfortable being at the hospital – *please call*
- **Get a Flu Shot!**

Facts:

- Influenza infection is a serious illness causing significant morbidity and mortality adversely affecting the public health on an annual basis.



Facts:

If you are carrying the influenza virus, it can be spread to others

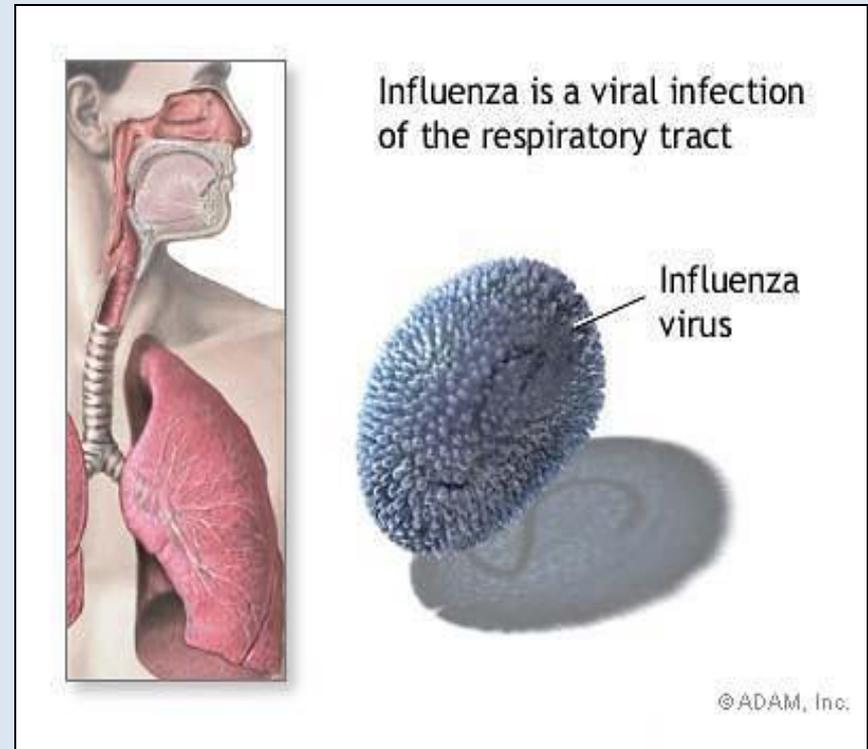


before symptoms ever appear.

This is a major reason that anyone who volunteers or works in healthcare NEEDS to get a flu shot.

Facts:

- Influenza infected healthcare workers and volunteers can transmit this serious virus to their vulnerable patients, guests and to their family members.



Influenza vaccine is not just for staff providing direct patient care but is meant for **all** healthcare workers and volunteers.

Facts:

**DON'T GET
THE FLU.
DON'T SPREAD
THE FLU.**

GET VACCINATED.

cdc.gov/flu  

- Influenza vaccination of healthcare workers and volunteers is already recommended by the Center for Disease Control and is the standard of care.

Who should get the flu vaccine?

- Anyone 6 months of age and older.
- It is especially important for people at higher risk of severe influenza and their close contacts.
- Individual with close contact with children 6 months of age or younger.
- Anyone who works or volunteers in healthcare



It takes about two weeks after you receive the vaccine for your body to build protection against the flu.

What are the risks from receiving the vaccine?

- The “non-live” vaccine, like any medicine, could possibly cause allergic reactions.
- The risk of a vaccine causing serious harm or death is extremely small.
- There is no risk of contracting the flu from the “non-live” vaccine.



No More Excuses! You Need a Flu Vaccine

“Oh, the flu isn’t so bad....right?”

WRONG!

- It is a contagious disease that can lead to serious illnesses and even death
- You could be at increased risk of serious flu-related complications if you:
 - Have a chronic condition (like asthma; heart disease; diabetes)
 - Are over 65
 - Are under 12
 - Are pregnant



No More Excuses! You Need a Flu Vaccine



“But what if the flu vaccine makes me sick? I can’t risk missing work or school.”

- Common side effects are a sore arm and maybe a low fever – usually mild and short lived
- The flu vaccine cannot give you the flu

No More Excuses! You Need a Flu Vaccine



“I’m healthy. I don’t need a flu vaccine.”

- **Anyone can get the flu and experience serious complications – even if**
 - You are healthy
 - Have never had the flu before
- **Getting a flu shot protects the people around you**
- ***You don’t want to be the one spreading flu, to:***
 - Your baby or grandchild
 - Your grandparents
 - A family member visiting a patient
 - Anyone

No More Excuses! You Need a Flu Vaccine



“I got a flu vaccine once and still got sick.”

- You may have been:
 - exposed to a non-flu virus before or after your flu shot
 - exposed to flu after you got vaccinated but before the vaccine took effect
 - exposed to flu virus that was different from the viruses included in that year’s vaccine

Each year the flu vaccine protects against three influenza viruses that research indicates will cause the most disease during the upcoming season.

No More Excuses! You Need a Flu Vaccine



“I’ll get vaccinated only if my family and friends get sick with flu.”

- That is probably too late
- It takes about two weeks for the flu vaccine to provide full protection

No More Excuses! You Need a Flu Vaccine



“I hate shots!”

- It is hard to overcome the anxiety of getting a shot
- The discomfort you feel is real but can:
 - save you from being very sick for several days; maybe even sending you to the hospital, or worse
 - save those you love and are around you from getting the flu from you

No More Excuses! You Need a Flu Vaccine



“I don’t trust that the vaccine is safe.”

- Flu vaccines have been given for more than 50 years
- Are closely monitored by the Centers for Disease Control and Prevention
- Hundreds of millions of flu vaccines have been given safely

No More Excuses! You Need a Flu Vaccine



“It’s too late for me to get protection from a flu vaccination this season.”

- As long as flu season isn’t over, it’s not too late
- Flu season doesn’t usually peak until January or February and can last until May

No More Excuses! You Need a Flu Vaccine



“I had a flu shot last year so I do not need one this year.”

- You need to get a flu vaccine every year
- Flu viruses are constantly changing and the flu vaccines are updated each year
- Annual vaccination is recommended because a person’s immune protection from the vaccine declines over time.

Healthy Habits Can Help You AVOID INFLUENZA

- 1. Get vaccinated.**
- 2. Avoid close contact with people who are sick.**
- 3. Stay home when you are sick (helps others from catching your illness).**
- 4. Cover your mouth and nose ... with a tissue when coughing or sneezing and drop it in the trash. If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands.**
- 5. Wash your hands often.**
- 6. Avoid touching your eyes, nose and mouth.**
- 7. Clean surfaces and objects routinely.**
- 8. Get plenty of sleep.**
- 9. Exercise regularly.**
- 10. Drink plenty of fluids.**
- 11. Eat nutritious foods.**
- 12. Manage your stress level.**

Reporting Requirement

CMS (Centers for Medicare & Medicaid Services) is requiring hospitals to report the percentage of employees, students, doctors **AND volunteers** that do or do not receive a flu shot.

*We are required to receive a completed
2015– 2016 Flu Season Reporting Form from
EVERY active volunteer.*

Thank You for Your Assistance!

Flu Season 2015 - 2016

1. Most healthy adults may be able to infect others with the flu virus beginning 24 hours before symptoms develop.

A. True

B. False

Flu Season 2015 - 2016

2. The flu vaccine is only for those healthcare workers providing direct care to our patients.

A. True

B. False

Flu Season 2015 - 2016

3. When healthcare workers vaccinate themselves they protect their patients.

A. True

B. False

Flu Season 2015 - 2016

4. There is no risk of contracting the flu from the “non-live” vaccine.

- A. True**
- B. False**

Flu Season 2015 - 2016

5. Flu Viruses are unpredictable and every season puts you at risk.

A. True

B. False

Flu Season 2015 - 2016

6. It takes about two weeks for the flu vaccine to provide protection, so the sooner you get vaccinated, the more likely it is that you will be protected once flu begins to circulate in your community.

A. True

B. False

Flu Season 2015 - 2016

7. Flu vaccines have a very good safety track record.

A. True

B. False

Flu Season 2015 - 2016

8 It is too late to receive a flu vaccine if one waits past the New Year.

A. True

B. False

Flu Season 2015 - 2016

9. A healthy habit for avoiding the flu is to get plenty of sleep.

A. True

B. False

Flu Season 2015 - 2016

10. Healthy people can get sick enough from the flu to miss work or school for a significant amount of time or even be hospitalized.

A. True

B. False