Handwashing and getting vaccinated are two of the best ways to protect yourself, as a child care provider, from the flu.

WHY SHOULD I GET VACCINATED?

Working in a day care setting, you’re especially vulnerable to the flu. On a daily basis you provide care to children – one of the groups most susceptible to getting and spreading the flu.

Getting vaccinated not only protects you from getting the flu but it also protects the children in your care, your friends and your family from a flu that you may not even know you have. People who get vaccinated are sick less and have to take less time off work.

Caregivers of children under six months old are especially encouraged to get vaccinated because infants are at high risk of flu-related complications but are too young to get vaccinated.

FOR FLU VACCINE LOCATIONS AND INFORMATION

www.cchealth.org

» 1-888-959-9911
» www.twitter.com/CoCoHealth
» Facebook: Contra Costa Health Services

Five minutes vs. Five days

Can you afford to be sick?
Protect Yourself and Your Loved Ones
GETTING VACCINATED IS THE BEST WAY TO STOP THE FLU FROM SPREADING

FLU 101

Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms, including fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, fatigue, vomiting and diarrhea, that can keep you in bed and out of work for days.

Many people recover from the flu without problems, but it can be serious even for healthy people. Certain people are at even higher risk for hospitalization and even death, especially young children, pregnant women and people with chronic diseases. More than 200,000 people are hospitalized for flu-related complications each year. While flu season can begin in October, flu activity usually peaks in January or later.

STOP THE SPREAD

• If you have the flu, you can spread it to others a full day before symptoms develop and up to a week after becoming sick.

• Some people can have the flu but have no symptoms and still spread the flu to others.

• The flu can spread easily when a sick person talks, coughs or sneezes within six feet of another person.

• The virus can live on surfaces such as doorknobs, toys, telephones, computers and shopping baskets for hours.

• Some people, especially children, might be able to infect others for an even longer time.

THE BEST PROTECTION — AN ANNUAL FLU VACCINE

• Getting vaccinated reduces your chance of catching the flu by 70 – 90%.

• There are two types of flu vaccines: the flu shot, containing an inactivated (killed) virus, and the nasal-spray flu vaccine, made with live, weakened flu viruses. Neither vaccine will give you the flu.

• The flu vaccine protects against the three flu viruses research suggests will be most common. The 2010-2011 flu vaccine will protect against H1N1 and two other flu viruses.

• Rare vaccine side effects can include a low fever, a slight headache or mild body aches. These are natural responses of a healthy immune system.

WHEN AND WHERE DO I GET VACCINATED?

You should get vaccinated beginning in the fall or as soon as the vaccine is available. Check with your health care provider first, but you can also visit www.cchealth.org to find the nearest flu vaccine location.