WHY SHOULD I GET VACCINATED?

Working in a clinic setting, you’re on the front lines for the flu. On a daily basis you provide care to children, pregnant women, the elderly and the sick – those most susceptible to getting and spreading the flu.

Getting vaccinated not only protects you from getting the flu but it also protects your patients, friends and 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.

Getting vaccinated is especially important for individuals who spend time with people with compromised health. This group is at a higher risk for catching the flu and suffering from more serious complications.

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?
**Five Minutes Vs. Five Days**

Can You Afford to be Sick?

Cooler months mean the start of sore throats, sniffling, body aches and fevers associated with the flu.

As a health care worker, you know how contagious the flu is and how quickly it can interfere with your life and work. There’s no better protection for you, your co-workers, family and the people you care for than getting vaccinated.

This pamphlet offers the facts you need as you consider the flu vaccine for yourself and your family.

With your busy schedule at work and at home, do you really have time to be sick?

Get vaccinated and stop the spread.

**Sources:** Centers for Disease Control and Prevention and U.S. Department of Health and Human Services

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**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.

**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.

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**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.