

If you work in a health care setting...

Get Your Flu Shots!

This year, you may need
H1N1 "Swine Flu" Shots too!

Protect Yourself

You are likely to be exposed to different types of the flu at work. If you don't get flu shots, you could catch the flu and end up very sick. Flu vaccines are very effective and cannot give you the flu. If you are under age 50, ask your doctor about the nasal spray seasonal flu vaccine (FluMist®).

Protect Your Patients

You can spread the flu even before you feel sick. For some patients, the flu can be a life-threatening disease. In the United States, about 36,000 people die from seasonal flu and its complications every year.

Avoid Missing Work

If you catch the flu, you may miss weeks of work and lose pay or sick days. Others may need to step in to cover your duties. **Your coworkers and patients depend on you.**

Protect against the flu!

If you work in an acute care hospital, ask for your free seasonal flu vaccine.* For the nearest clinic, go to www.flucliniclocator.org or check with your employer, local health department, or doctor.

*(Health and Safety Code 1288.7. Effective July 2007)

Have questions?

Visit www.GetImmunizedCA.org or call the Centers for Disease Control and Prevention Hotline: 1-800-CDC-INFO (1-800-232-4636)



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