



Health Care Workers Need Flu Vaccinations, Too!

If you work in a clinical setting - seeing patients, managing the front desk or performing other vital duties - you have a stake in keeping yourself, your patients, and co-workers healthy. Getting a flu vaccination is an easy way help prevent catching the flu from others—Or even worse, spreading the flu to your patients at risk of hospitalization or death.

Set an Example: Get vaccinated against flu!

Everyone over 6 months of age is recommended to get a flu vaccination. Do it for yourself, your family, your patients, and your practice. Getting vaccinated also sends an important message to patients: *I got my flu vaccine—you should, too!*

Many California counties require health care workers to be immunized. Check with your employer or local health department whether you are required to wear a mask if not vaccinated against flu.

Consider distributing these materials

- [If You Work in a Healthcare Setting, Get Your Flu Vaccine](#)
- [The Flu Ends with U](#) flyer for health care providers | [Spanish](#) (CDC)
- [Flu vaccine buttons and stickers](#) (order from Immunization Action Coalition)



Share a personal flu story with staff

Cecilia's Story

Cecilia and her husband were healthy, so they didn't think flu shots applied to them. Michael's flu was miserable but brief. Cecilia's flu landed her in a coma where she lost her battle. Michael's deepest regret is not taking flu seriously.

Visit the CDC's webpages for additional information

- [Influenza Vaccination Information for Health Care Workers](#)
- [Seasonal Influenza \(flu\) Information for Health Professionals](#)