

Influenza Immunizations

**Are You at Risk?
Prevention is important.**

Influenza, or the “flu”, is a contagious disease caused by a virus that is spread from person to person through coughing or sneezing. One of the most common places the flu is spread is at the workplace. It is important to get a flu shot each year to help prevent the spread of the flu. On average, 226,000 people are hospitalized and 36,000 die every year because of influenza. Independent Nursing Care, LLC can come to the workplace to vaccinate your employees and help maintain a healthy, productive workforce.

Who should get the flu vaccine.

Employees may be responsible for a healthy lifestyle, but it is still difficult to prevent the spread of flu in the workplace. A flu shot can help. Anyone can get the flu shot, but it is especially important to get the flu shot if you have any of the following risk factors:

- Anyone 50 years of age or older
- Long term health problems such as heart, lung, kidney, liver disease, diabetes, asthma, anemia
- Health Care workers
- People with weakened immune systems
- Anyone who wants to reduce the risk of getting the flu

When should I get the influenza vaccine?

You can get the vaccine as soon as it is available and for as long as illness is occurring in your community. Plan to get the influenza vaccine in October or November if you can, but getting vaccinated in December, or even later, will still be beneficial in most years. Influenza can occur any time from November through May, but it most often peaks in January or February.

Recognize the symptoms of the Flu.

Anyone can get the flu. For most people, the flu will last only a few days. However, in more serious cases the flu can be more dangerous. The flu kills about 36,000 people each year in the US. Symptoms of the flu include:

- Chills
- Headache
- Fever
- Cough
- Fatigue
- Sore Throat
- Muscle aches

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Completing your circle of care

What are the risks of flu shots?

Serious problems from influenza vaccine are very rare. The viruses in inactivated influenza vaccine have been killed, so you cannot get influenza from the vaccine. Mild problems include:

- soreness, redness or swelling where the shot was given
- fever
- aches

If these problems occur, they usually begin soon after the shot and lasts only a short time.

Get the flu shot.

Independent Nursing Care, LLC can offer annual flu shot clinics at your facility. Vaccinations are provided by Registered Nurses. The major benefit to this program for your employees is convenience. Employees do not have to miss work or make an appointment to visit their doctor for the flu shot. Each employee will be thoroughly screened by our nurses to ensure they are a good candidate for the flu shot. The whole process takes about ten minutes and the employee is back to work.

The biggest benefit to your company is that you will have a healthy, more productive workforce, with less absenteeism. Your employees will appreciate your concern for their health.

Scheduling.

Independent Nursing Care, LLC offers convenient scheduling for your flu shot clinic. Flu shots clinics are offered from September through January, with the most popular months being during October and November. Be sure to schedule your clinic early to guarantee your preferred flu shot clinic date.



**Please call Independent Nursing Care to
schedule a Flu Shot Clinic.**

phone: 716.655.8776 toll free: 1.888.264.5854

www.INCnursing.com

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