



Provided by:

Workforce Health

Froedtert & Community Health

Flu is Serious Business

Flu Vaccination Employee Sign-Up Sheet

Clinic Date: _____

Employee Name

Time

| | |
|-------|-----------|
| _____ | _____ :00 |
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Flu is Serious Business

Worksite Flu Vaccination Program 2009



Do you have time to be sick this winter? Each year influenza affects thousands of Americans. For working America the flu can cost you, the employee, as many as five lost work days with symptoms that may linger for two or more weeks. Sign up today to get your flu shot.

Know Your Enemy

Influenza (commonly called the flu) is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can result in illness ranging from mild to severe and life-threatening complications.

It's More Than a Cold!

Symptoms of the flu include fever (usually high), headache, extreme fatigue, dry cough, sore throat, runny or stuffy nose and muscle aches. According to the Centers for Disease Control (CDC, 2008), each year 5% to 20% of the American population gets the flu, with 200,000 individuals hospitalized, and 36,000 dying each year from flu-related complications.

Avoid the Flu

The best way to prevent the flu is to get a flu vaccination each fall. In addition to getting the flu shot, there are additional ways to protect yourself and others against the flu. The main way influenza viruses are spread is from person to person in respiratory droplets of coughs and sneezes.

Follow these steps to help prevent the spread of respiratory illnesses:

Get a flu shot each year (in the fall).

Avoid close contact with people who are sick.

When you are sick, keep your distance from others. Stay home from work, school and errands.

Cover your mouth and nose when coughing or sneezing.

Wash your hands often to protect yourself and others from germs.

Avoid touching your eyes, nose or mouth.

Practice other good health habits

Get plenty of sleep
Be physically active
Manage your stress
Drink plenty of fluids
Eat nutritious foods

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262-253-5150

workforcehealth.org



Flu is serious business

Flu vaccines will be here on

Date: _____ Time: _____

Location: _____

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