



## Influenza Season Is Coming . . . Are You Prepared?

With influenza season just around the corner, now is the time to start thinking about getting immunized. Each year many Americans are affected by the virus, over 200,000 are hospitalized, and more than 36,000 die from influenza and related complications.

This year we have launched a new health care worker influenza immunization program —“*Protect your patients. Protect yourself.*”— with the goal of vaccinating 100% of staff.

### The CDC Recommends Yearly Immunization for Health Care Workers

The Centers for Disease Control and Prevention (CDC) recommends annual influenza immunization for all health care workers. Furthermore, we encourage ALL staff to protect themselves against influenza with yearly immunization.

These recommendations are in place to help us protect our patients who are at high risk for influenza-related complications and to help us protect ourselves and our families from influenza.

Influenza Vaccine will be available soon to all employees. Please check clinic posters placed in employee areas.

### Common Myths about Influenza

**Myth #1:** *Influenza is just a bad cold.*

**Fact:** Influenza is caused by the influenza virus and is much more serious than the common cold. Each year over 200,000 Americans are hospitalized and more than 36,000 die from influenza and its complications.

Symptoms of influenza can be severe and can last for up to two weeks. Symptoms can include high fever, body aches, headache, and extreme fatigue.

**Myth #2:** *I don't need to be immunized. I'm healthy.*

**Fact:** Health care workers are at increased risk for contracting influenza because of exposure from patients and in the community. In addition, unvaccinated health care workers can still spread the virus to others, including patients and family members even before they feel sick. Immunization is the best way to prevent getting or spreading influenza.



[www.immunizenow.org](http://www.immunizenow.org)

Lead agency for the  
West Virginia Immunization Network

