

I DON'T NEED A FLU SHOT

Five reasons why you might avoid getting the vaccine and how to change your mind.

1 I heard it will make me sick.

Nope! The vaccine given with a needle is from a strain of flu virus that's been made inactive and not infectious. It can't give you the flu.



Feeling under the weather?

- ✓ Common side effects of the shot include redness, soreness or tenderness at the injection site. Serious allergic reactions are super rare.
- ✓ You might have a different bug, which can cause similar symptoms to the flu. Many other respiratory viruses experience peak activity during the flu season.

2 It'll break my bank.

Actually, your wallet will thank you - the only real cost may be your time and transportation.



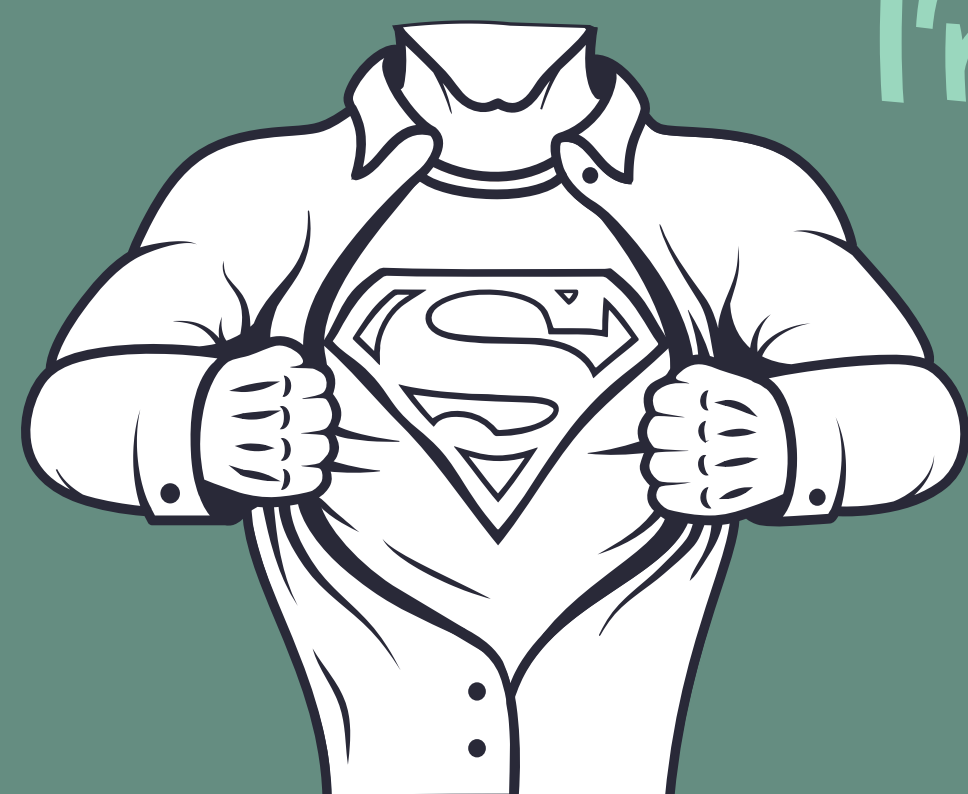
Let's compare these costs to...

- 💰 Taking paid time off from work
- 💰 Over-the-counter medication for symptom relief
- 💰 Trip to urgent care, possible prescription medicine
- 💰 Missing out on daily life and activity

Did you check...

- ✓ Your health insurance plan? Many cover preventive health care so there's little to no cost to you.
- ✓ Public health departments, flu clinics offered through work and other outlets in your community?

3 I'm young and in good health... I'm invincible to the flu.



Youthfulness and dashing good looks isn't enough. Flu can carry risk of complications, hospitalization or death, even among otherwise healthy people.

Flu can be serious, especially in young children, older adults and people with chronic conditions such as asthma, heart disease or diabetes.

4 It's OK I can tough it out at work.

I'm sure your co-workers love the idea of you giving them the flu. But 60% of employees say they still come to work sick.

Let's change up your thinking.

- 💰 88% of managers encourage sick employees to stay at home
- 💰 Productivity and losses range from \$150 billion to \$250 billion a year nationally
- 💰 More than 1 in 4 employers and staff think showing up at work sick is worse for productivity than a security breach or natural disaster



5 Fine. I'll give it a try...once.

Vaccination might help this year, but get as much ammo to fight the flu every season. Some flu seasons are mild, some are severe and it's risky to skip vaccination even one time.

Flu viruses change from year to year. The vaccine is formulated to protect against the most common strains of virus that season.



Fact of the matter is:

YOU NEED A FLU SHOT EVERY YEAR



CDC* recommends an annual flu vaccine for everyone 6 months of age and older.



The flu season lasts from about October to March.

Infection period	X	OUT SICK	X
X	X	X	X

If you have the flu, you can infect others from one day before you have symptoms up to a week after you get sick.

What can you do to prevent the flu?

- ✓ Visit any primary care location at Marshfield Clinic Health System during regular business hours for the vaccine. Appointments encouraged, walk-ins welcome.
- ✓ Ask which type of vaccine is right for you and how you can prevent getting sick this flu season.
- ✓ Go to marshfieldclinic.org/flu to get details about a flu clinic in your community.

Sources:

Marshfield Clinic www.marshfieldclinic.org
Centers for Disease Control and Prevention (CDC)*
Staples <http://www.staples.com/sbd/cre/marketing/centers/flu-center/>
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Marshfield Clinic Health System