



Don't let the Flu Slow You Down!

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FLU SEASON

2009



Flu doesn't fight fair...

Fight back!

Flu is a serious contagious disease. Each year in the United States, on average:

- More than 200,000 people are hospitalized from flu complications.
- 20,000 of those hospitalized are children younger than 5 years old.
- 36,000 people die from flu

Even if you're healthy, you can get sick and spread the flu to your co-workers, patients, or even bring it home to your family.

Healthcare facilities require that all persons working in a healthcare setting receive an annual influenza vaccine or sign a declination statement. Vaccinations are for the health and safety of both you and your patients.



***Don't get the flu.
Don't spread the flu.
Get Vaccinated.***

Flu Vaccination Proof or Declination Form due October 15, 2009

[CVS Flu Clinic Finder](#)

[Sav-On Flu Clinic Finder](#)

[US Healthworks Clinic Locator](#)

[American Lung Association Flu Clinic Locator](#)

[CDC Info on H1N1, Swine Flu](#)

Please [click here](#) for our flu vaccination/declination form. Your medical provider can utilize this form when administering your flu vaccine.

Even if you chose to decline the flu vaccine, we will still need you to submit a declination form to us.

Please fax or [EMAIL](#) your Proof of Vaccination

and/or Declination of Vaccine

by OCTOBER 15, 2009 to

Fax #1-800-787-6762

CDC Says "Take 3" Steps to Fight the Flu

Step One: Vaccinate

Take time to get a flu vaccine!

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.
- While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.
- Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 years of age and older.
- People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.



Step Two: Stop Germs

Take everyday preventive actions

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.



Step Three: Antiviral Drugs

Take flu antiviral drugs if your doctor recommends them.

- If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.)
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.



Looking Ahead Regarding H1N1 (Swine Flu)

Facilities may require H1N1 vaccination once it is available

The 2009 H1N1 vaccine is expected to be available in the fall. More specific dates cannot be provided at this time as vaccine availability depends on several factors including manufacturing time and time needed to conduct clinical trials.

Once a vaccine is made available, however, be prepared for facilities to require its healthcare providers to obtain the vaccine. Preferred will keep all our staff up to date with information regarding the potential availability of this vaccine and the need to be vaccinated.

**Sincerely,
The Preferred Team**

1-800-787-6787

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