

Three Reasons to Get a Flu Shot

1. IT'S PART OF GOOD CARE.

- **A flu shot may help keep the people you care for healthy.**

It is a primary responsibility of all healthcare providers. You can spread the flu to the people you care for, even if you don't have any symptoms.

- **The vaccine can help protect the people you care for from complications of the flu.**

Getting a flu shot is an easy way to help the people you care for maintain their health status.

2. IT CAN HELP MAKE WORK EASIER.

- **The flu requires additional care giving.**

If there is a flu outbreak, imagine how much more work is created for everyone.

- **You won't have to "work short."**

A flu outbreak among the staff can cause a scheduling crisis. "Working short" can be avoided if all staff members are vaccinated against the flu.

- **Your paycheck won't be affected if you don't call off!**

The flu is an illness that can be prevented. The average staff member who is vaccinated is likely to lose fewer workdays than those who are not.

3. IT'S YOUR RESPONSIBILITY AS A HEALTHCARE PROFESSIONAL.

- **You have a part to play in preventing a flu outbreak.**

Healthcare organizations with more staff members who are vaccinated are more successful at preventing outbreaks. Flu outbreaks can affect an entire facility or even an entire community.

GETTING A FLU SHOT IS THE RIGHT THING TO DO.

Common Myths About the Flu Shot

1. It will make me sick. The flu vaccine is not made from a live virus. Therefore, you will not get the flu from getting the shot.

2. The shot will hurt. There are alternatives to getting an injection. If you do get the shot, you may have local soreness at the injection site for a short time, but the vaccine is safe.

3. Needles aren't safe. All needles are new, non-re-used needles and they don't carry risk of hepatitis or any other needle-transmitted diseases when used as directed.

Source: Centers for Disease Control and Prevention

Ask your clinical director or administrator about getting a flu shot.



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