



August is Flu Vaccine Awareness Month

The best way to prevent seasonal flu is to get vaccinated every year!

According to the CDC, everyone 6 months of age and older should get a flu vaccine every season. Influenza is a serious disease that can lead to hospitalization, and in some cases even death. An annual flu vaccine is the best way to reduce your risk of getting sick with the seasonal flu.

Flu vaccines work by causing antibodies to develop in the body about two weeks after vaccination. Those antibodies help provide protection against infection of the viruses that are in the particular vaccine you received.

It is best to get vaccinated early, before the spread of influenza in your community. Not only can getting the flu vaccine protect you from getting sick, it can help keep you from infecting those around you.

Preventing the Flu

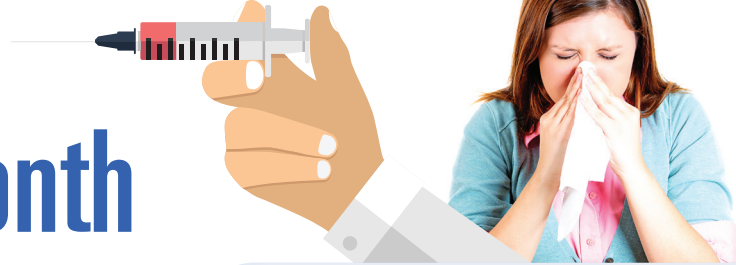
- Get vaccinated every year!
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth and nose when coughing or sneezing
- Wash your hands often
- Avoid touching your eyes, nose or mouth



Flu shots will be available for all employees, at no cost, at Wellness Connect in October.

Please visit www.myclubwellness.org/wellness-benefits.shtm for the dates, times and locations of these events.

For employees covered under the County's health plans, we will again be offering flu shots at retail pharmacy locations beginning on or around October 1st. Details of the program will be distributed to all health plan members.



Myths About Seasonal Flu Vaccines

1. **The flu shot can give you the flu.** The flu shot cannot cause the flu. Injectable flu vaccines are made with an inactivated virus or with no flu vaccine virus at all.
2. **I don't need a flu vaccine every year.** The CDC recommends a flu shot every year because the vaccines vary year to year and the protection from the vaccine declines over time.
3. **I got a flu shot and still got the flu.** There are several reasons for this:
 - a. You may actually have a respiratory infection, not the flu, as symptoms are often similar.
 - b. You may have been exposed to a virus that's different than what your vaccines was designed to protect against.
 - c. You may have been exposed to the flu before your immune protection developed.
4. **It's better to get the flu than the flu vaccine.** The flu can be a serious disease, especially among young children, older adults and people with certain chronic health conditions. Getting vaccinated is always safer than the serious complications possible from getting the flu.

Additional details about the importance of flu vaccines can be located at www.cdc.gov/flu