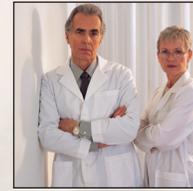


Some of N.C.'s Health Care Workers Didn't Get a Flu Shot Last Year Because...



Reason: "...I believe I have a low risk of catching the flu."

Response: Health care workers have an increased risk for catching the flu because of the number of patients with whom they come in contact. This is why the Centers for Disease Control and Prevention (CDC) recognizes health care workers as one of the priority groups for vaccination.

Facts: When you get the flu, you expose your family, patients and coworkers to infection. Healthy adults may be able to infect others with the flu up to one day before they start having symptoms. And once sick, they can infect others for up to five days.

Reason: "...I'm concerned about side effects."

Response: The most common side effects are soreness, redness, or swelling where the shot was given; low grade fever and aches.

Facts: Most people who get an influenza vaccination have no serious problems with it. However, a vaccine, like any other medicine, may cause serious problems, such as a severe allergic reaction.

Reason: "...I don't think the vaccine is effective."

Response: The vaccine is very effective. It's the best way to prevent infection with influenza.

Facts: While it's true that getting a flu shot doesn't guarantee you won't get the flu, the vaccine may prevent influenza in 70% to 90% of healthy people younger than 65 years. The effectiveness of the influenza vaccine varies depending on several factors: your age, health status, and the match between the virus strains in the vaccine and the strains in circulation.

Reason: "... I've never gotten the flu before."

Response: Do you really want to? A flu vaccination is the safest, most effective way to prevent influenza.

Facts: Influenza viruses change from year to year, so even if you were immune to influenza strains circulating in the past, you may not be protected from the new strains that may emerge this season.

Reason: "...I might catch the flu from the vaccine."

Response: That is just not possible!

Facts: Injectable influenza vaccines are made from influenza viruses that have been killed – a dead virus cannot give you the flu. Although it is true that getting flu vaccine doesn't 100% guarantee that you won't get the flu, you will not get the flu from the vaccine.

Reason: "...I'm afraid of needles."

Response: Who likes getting a shot? No one!! But – a few seconds of pain is worth the protection this vaccine can provide from a potentially life-threatening disease.

Facts: If you are a healthy person between the ages of 5-49 years, not pregnant, and not a close contact of severely immunocompromised persons, you have the option of receiving the nasal-spray flu vaccine.

Please, this flu season:

**Protect Yourself. Protect Your Patients. Protect Your Family.
Get Your Flu Vaccine.**

