

*If you work in a health care setting...*

# Get Your Flu Shot!

Or FluMist®

## Protect Yourself

You are likely to be exposed to the flu at work. If you don't get a flu vaccine, you can catch the flu and end up very sick. Flu shots are very effective and cannot give you the flu. If you are under 50, ask your doctor about the nasal spray flu vaccine (FluMist®).

## Protect Your Patients

You can spread the flu even before you feel sick. For some patients, the flu can be a life-threatening disease. In the United States, about 36,000 people die from the flu and its complications every year.

## Avoid Missing Work

If you catch the flu, you may miss weeks of work and lose pay or sick days. Others may need to step in to cover your duties. **Your coworkers and patients depend on you.**

# Protect against the flu!

If you work in an acute care hospital, ask for your free flu vaccine.\* For the nearest clinic, go to [www.flucliniclocator.org](http://www.flucliniclocator.org) or check with your employer, local health department, or doctor.

\*(Health and Safety Code 1288.7. Effective July 2007)

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