

# Think About It...

*An annual flu shot is the best way to prevent influenza and protect yourself, family, and residents.*

## Why Take the Vaccine?

- Getting vaccinated will help keep you, your family, and your residents healthy and safe
- The flu can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get very sick from the flu, including people who are otherwise healthy
- You can get the flu from residents and coworkers who are sick with flu
- If you become sick with the flu, you can spread it to others even if you do not feel sick

## The Facts

- Getting a flu vaccine does not increase your risk of getting sick from COVID-19
- Getting a flu vaccine is still the best way to prevent flu illness, even with wearing a mask, hand washing and social distancing
- It is essential to get your flu vaccine annually to protect yourself and your community from vaccine preventable illnesses and outbreaks
- The flu vaccine may also provide several health benefits including:
  - Keeping you from getting sick with flu
  - Reducing the severity of your illness if you do get the flu
  - Reducing the risk of hospitalization from the flu
- You can receive the flu vaccine after you have recovered from COVID-19
- If flu activity is low in your community, you should still get vaccinated
- It takes up to two weeks to build up your immunity to protect you from the flu
- You should still get the flu vaccine even if COVID-19 is spreading in your community

# Simple Strategies for Encouraging Staff to Receive the Influenza Vaccine