

## **FLU SHOTS**

**WHO:** All Waukegan District 60 Employees

**WHEN/WHERE:** Thursday, October 19, 2006 2 – 4:30 p.m. Lincoln Center, Room 129

**OR**

Thursday, October 26, 2006 2 – 4:30 p.m. UGC Teacher Center Workroom

**COST:** \$22 cash/check to ISR Consulting

**WHAT IS THE FLU?** Influenza (flu) is a respiratory infection caused by a virus. When people get the flu they may have fever, chills, headache, dry cough, or muscle aches. Illnesses may last several days or a week or more. Complete recovery is usual; however, complications may lead to pneumonia or death in some people.

**WHAT ARE MY CHANCES OF GETTING THE FLU?** It is not possible to estimate the risk of an individual getting the flu this year. In the U.S., the flu deprives the economy of \$3 - \$5 billion annually and accounts for more than 383 million lost work and school days. National statistics show the average employee is out 3-5 working days with the flu.

**WHAT IS THE FLU VACCINE?** Each year, a new vaccine is designed to protect people from the types of flu most likely to cause illness that year. The flu vaccine is a proven way to prevent the flu. People cannot get the flu from the flu vaccine. It is made from dead influenza viruses selected by the Office of Biologics, Food and Drug Administration.

**AFTER RECEIVING THE VACCINE, AM I IMMEDIATELY IMMUNE FROM**

**GETTING THE FLU?** It may take two or three weeks after the injection before a person is fully protected against the flu.

**WHAT SIDE EFFECTS ARE POSSIBLE?** Side effects of the influenza vaccine are generally mild in adults and occur at low frequency within 48 hours of injection and may last 48 hours. These symptoms may include tenderness at the injection site, fever, chills, headache, or muscular aches.

**DO I NEED TO TAKE SPECIAL PRECAUTIONS?** Adults 65 years of age and older, people who live in nursing homes, and people with serious, long-term health problems are those who are at high-risk of being seriously affected by the flu. Long-term health problems include: heart, lung, or kidney disease; diabetes; cancer; asthma or other lung disease; and anemia or other chronic health problems. Adults who have frequent contact with the high-risk groups should also be immunized against the flu.

**HOW DO I REDUCE MY RISK OF GETTING THE FLU?** In addition to getting the vaccine, people can reduce their chances of getting the flu by: practicing good general health habits, such as getting enough sleep and eating regular, well-balanced meals; staying away from people who do not cover their coughs and sneezes with a handkerchief or tissue; and washing their hands often to avoid getting the virus from objects touched by someone with the flu.

**PERSONS ALLERGIC TO EGGS, CHICKENS, CHICKEN FEATHERS, OR CHICKEN DANDER SHOULD NOT RECEIVE THIS VACCINE UNTIL THEY HAVE CONSULTED THEIR PERSONAL PHYSICIAN.**