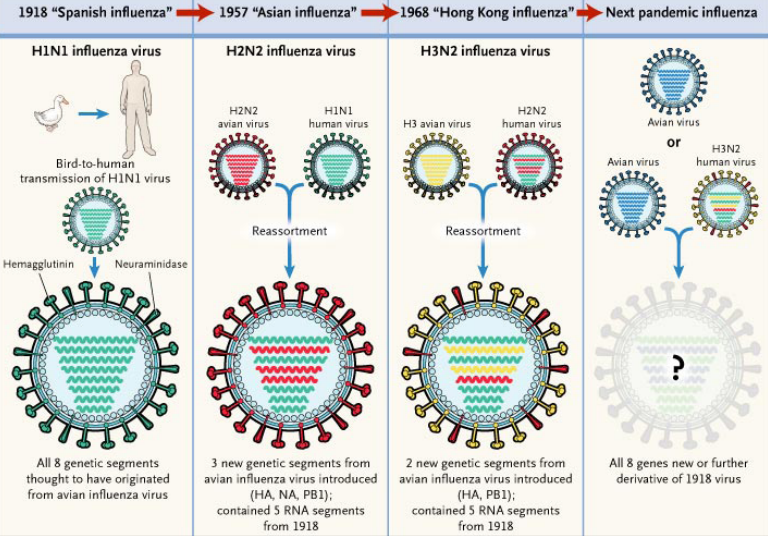


WHY SHOULD YOU GET A FLU SHOT?



Myths	Facts
The flu vaccine can cause influenza.	The injectable flu vaccine does not contain a live virus. There can be mild soreness at the injection site but it will not give you the flu.
The flu shot does not work.	The flu vaccine will prevent influenza most of the time. In studies the vaccine's effectiveness ranges 70% - 90%. In the elderly, it reduces the severity of the disease by 50% - 60% and the incidence of death by 80%.
Influenza vaccination for employees will be too costly.	The cost savings of an employer providing a flu shot to employees far outweighs the cost associated with the vaccine, and healthcare costs.
The flu is not highly contagious.	Unvaccinated individuals are contagious at least one day prior to the onset of flu symptoms and can infect others that come into close contact with an infected individual.

The Flu Vaccine Protects Against Which Viruses?

Flu vaccines are designed to protect against the specific types of flu virus that are projected to be most common during the upcoming season. There are three kinds of flu viruses that commonly circulate among the population.

Most Common:

- Influenza A (H1N1) viruses
- Influenza A (H3N2) viruses
- Influenza B viruses

Influenza Effects:

- The average flu-related absence is one workweek.
- 200,000 hospitalizations last year.
- An estimated 10.4 billion in medical expenses and increased health care costs was incurred last year.

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