



ADULT VACCINATION AWARENESS CAMPAIGN

GET THE FLU VACCINE

Protect Yourself And Your Family From Flu – Stay Healthy And On The Job

FLU SEASON

Planning Matters. For the most comprehensive protection, get vaccinated before “flu season” starts. It usually runs from October to March. Almost everyone over 6 months old should be immunized, unless there is a contraindication such as egg allergy or if you have a fever. Adults 49 or younger may be able to take the vaccine as a nasal spray. If you have questions, talk to your primary care physician first.

DON'T DELAY

It takes two weeks for the flu vaccine to start working. Don't wait till family, co-workers or neighbors get sick. Contact your doctor about the vaccine, and plan ahead. Doctor's offices, pharmacies, worksites and shopping centers can offer opportunities to get the vaccine. Today, almost a third of flu vaccinations are given outside of traditional medical settings.

MORE >>

DID YOU KNOW?

The flu is the most troublesome, frequent, and costly vaccine-preventable disease (VPD) for working-age adults and retirees. For retirees, it can lead to hospitalization and even death. For working people, it can mean missing days or weeks of work, with doctor visits and burdens for family members. Millions of U.S. work days are lost annually to the flu, with a direct economic burden of over \$10 billion.* Yet this all-too-common disease can be avoided in many cases just by getting immunized!

UNITED for **HEALTHY LIVING**
C A M P A I G N



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ANNUAL CHALLENGE

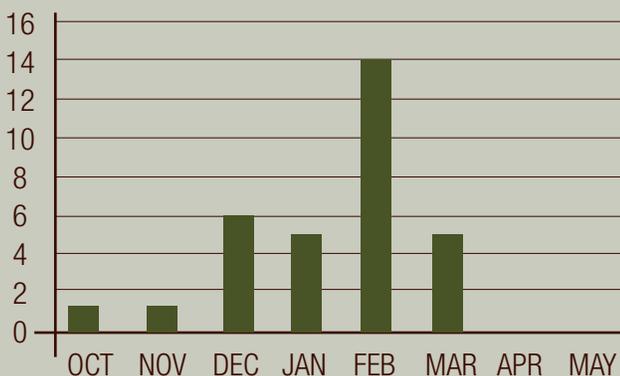
Fighting the flu is an annual challenge because the flu changes. New flu vaccines are formulated every year, as scientists try to anticipate which three or four strains will be most active in the coming season. This means that in some years, the vaccine will be more successful than in others. Every year, the best hope for avoiding flu is getting the seasonal vaccine!

REAL RISKS

This “bug” means business. In the last 30 years, the CDC reports that flu has caused 3,000 - 49,000 U.S. deaths annually, with hundreds of thousands of hospital admissions and millions of doctor visits annually.

CDC: Peak Months of Flu Activity

1982-83 through 2013-14



* During 2008-2009, flu activity peaked twice because of the 2009 H1N1 pandemic. Activity in the United States peaked once in February due to seasonal influenza activity and then again in the Spring (June), with the first wave of 2009 H1N1 viruses. A second, larger peak of 2009 H1N1 activity occurred in October, the peak of the 2009-2010 season.

* http://www.cdc.gov/flu/pdf/business/toolkit_seasonal_flu_for_businesses_and_employers.pdf

** <http://www.cdc.gov/flu/protect/whoshouldvax.htm>

AT HIGHER RISK

Influenza and pneumococcal disease together are the eighth-leading cause of death in the U.S. The CDC says that while nearly everyone should be immunized against influenza, it is most important for adults who are:

- at high risk of developing serious complications (like pneumonia) if they get sick with the flu
- affected by medical conditions including asthma, diabetes, and chronic lung disease (like COPD)
- in contact with or caring for people with the above conditions
- pregnant
- in contact with children under five, and adults 65 years and older
- in contact with or giving care to infants less than 6 months old
- health care personnel**

ALL-VAX provides multiemployer funds with tools to help raise awareness about the benefits of adult immunization against vaccine-preventable diseases. Go to www.ALL-VAX.org. ALL-VAX is part of NCCMP's UNITED FOR HEALTHY LIVING CAMPAIGN.

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