

# FLU TALK FLU TALK FLU TALK FLU TALK FLU TALK

Over the next several months Alliance Employee Health will be sending you information about the flu. Look to the end of this message for our email address in case you have a question you need answered.

In general, anyone who wants to reduce their chances of getting the influenza (flu) can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu seasons when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices (ACIP) makes recommendations regarding priority groups for vaccination. People who should get vaccinated each year for seasonal influenza are:

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
  - **Health care workers**
  - Household contacts of persons at high risk for complications from the flu
  - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

As the H1N1 influenza vaccine is becoming available, the CDC Advisory Committee on Immunization Practices (ACIP) has recommended the 2009 H1N1 vaccine for the following 5 target groups:

- Pregnant women
- Household and caregiver contacts of children younger than 6 months of age (e.g. parents, siblings, and daycare providers)
- **Health care and emergency medical services personnel**
- Persons from 6 months through 24 years of age
- Persons aged 25 through 64 years who have medical conditions associated with a higher risk of influenza complications

**Healthcare workers** need to remember that when they get vaccinated they are not only protecting themselves from getting the flu but also from giving it to one of their patients or family members. Remember – you can spread the flu germ even before you know you are sick.

Remember to keep yourself healthy by doing these few simple things: Cover your mouth and nose and use a tissue when you sneeze or cough, disposing of the tissue in a waste basket. If you don't have a tissue, sneeze or cough into your upper sleeve. Frequently wash your hands with soap and water or clean with alcohol-based hand cleaner. Avoid touching your eyes, nose and mouth. Stay home when you are sick and as much as possible, avoid contact with sick people.

Please email [AllianceEmployeeHealth@healthall.com](mailto:AllianceEmployeeHealth@healthall.com) if you have any questions about the flu or the flu vaccines and we will respond promptly.