



Wellness2000, Inc.

Corporate Wellness • Health Risk Management • Employee Assistance

2010 – 2011 Flu Vaccine

<http://campusservices.cocc.edu/UserData/Documents/campusservices/Stop-Flu-Poster2.pdf>

- *Will the seasonal flu vaccine also protect against the 2010 H1N1 flu?* Yes, the seasonal flu vaccine is expected to protect against the 2010 H1N1 flu.
- *What flu viruses are included in the seasonal vaccine for 2010-2011?* The 2010 flu vaccine has three different flu strains within it: A/California/7/2009 (H1N1), A/Perth/16/2009 (H3N2), B/Brisbane/60/2008.
- Flu Shots are recommended annually to provide protection from influenza, which affects 5-20% of the population annually.
- Influenza vaccination is the single greatest way to prevent flu and its associated illnesses, hospitalization and deaths. Receiving a vaccination reduces your risk up to 90%.
- A flu shot not only protects the individual, but also protects family members and others you're in close contact with by decreasing the risk of transmission.
- Persons infected with flu shed the virus for 24 to 48 hours before having any symptoms. This shedding is very infectious to those around them.
- Flu shots are shown to be cost effective in reducing illness among healthy working adults.
- Most people have no adverse reactions to a flu shot. The most common reaction is a mildly sore arm. Some people have mild flu like symptoms that last 1 to 3 days.
- It is impossible to get the flu from the flu shot.
- It takes 1 to 2 weeks to develop immunity after a flu shot. If you develop flu during this time, it is because you were exposed to influenza prior to developing immunity.
- On average there are 200,000 influenza hospitalizations annually. Over half of those hospitalized are younger than 65. This does not include out patient visits. The majority of deaths from flu are among people 65 and older.
- **Wellness 2000, Inc has been providing onsite flu shot clinics for over 25 years and can bill most Insurance Companies for this service, resulting in a low or no cost service to your company.**

For more information call us at 1-800-866-8344

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Facts About Influenza Vaccinations