



Only YOU Can Prevent the FLU

According to the United States Centers for Disease Control in Atlanta (CDC), influenza and influenza-related diseases have a huge impact on national health and worker productivity. Businesses should consider flu vaccinations an integral component of their employee health and wellness programming and employee benefits package. Consider these numbers compiled by the CDC research team:

- An average of 36,000 deaths and over 200,000 hospitalizations associated with influenza occur each year in the United States
- The overall national economic burden of influenza-attributable illness for adults is \$83.3 billion. Direct medical costs for influenza in adults totaled \$8.7 billion including \$4.5 billion for adult hospitalizations resulting from influenza-attributable illness
- Influenza is responsible for substantial indirect costs (\$6.2 billion annually), mainly from lost productivity. Each year, among adults age 18 to 64 years, 17 million workdays are lost to influenza-related illness

Consider the impact of any lost workdays on your business, especially for businesses running lean and mean to manage the impact of the turbulent economy. Progress made toward reducing lost productivity can make a big impact.

The CDC maintains a comprehensive online resource file replete with flu vaccination information. This year's resources are easily accessible at <http://www.cdc.gov/flu/protect/keyfacts.htm>. In addition, employers should educate themselves and their employees in an effort to gain the highest participation numbers possible for flu vaccinations.

Two crucial steps will increase the likelihood that your employees will get vaccinated:

1. **Employer subsidized vaccinations**

Most employers realize the financial benefits of paying for employee vaccinations, but if full subsidies aren't in the budget, even a modest contribution can make a difference. Also, remember to fully educate employees about insurance and health savings account benefits that can be used to supplement the cost of flu vaccination.

2. **Employer-sponsored on-site vaccination clinics**

Central Iowa offers a wide variety of resources for scheduling on-site flu vaccination clinics. Vendors work directly with employers to arrange convenient, unobtrusive times to arrange a vaccination clinic on-site, where employees have easy access, free or reduced-cost vaccinations.

Finally, beyond vaccination, employees should be educated about flu prevention and dealing with the illness should they become sick. Post the attached “Flu Prevention” poster in or near all restrooms to remind employees that hand hygiene is the best defense against illness. Remind employees that if they are sick, they should not be coming to work. Recovery from influenza and influenza-related illness is quicker and safer when employees take time to rest. Also, the likelihood of spreading the virus is greatly reduced if employees are encouraged to use sick time when necessary.

For more information about the coming flu season, or to talk with someone at Iowa Health – Des Moines about scheduling an on-site flu shot clinic, call (515) 241-5908.

Sources:

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

Molinari NA, Ortega-Sanchez IR, Messonnier ML, Thompson WW, Wortley PM, Weintraub E, Bridges CB. The annual impact of seasonal influenza in the US: measuring disease burden and costs. *Vaccine*. 2007; 25(27):5086-96. Epub 2007 Apr 20.

Thompson WW, Shay DK, Weintraub E, et al. Mortality associated with influenza and respiratory syncytial virus in the United States. *JAMA*. 2003; 289:179-186.

Thompson WW, Shay DK, Weintraub E, et al. Influenza-associated hospitalizations in the United States. *JAMA*. 2004; 292:1333-1340.

Stop the Flu

and keep other contagious diseases from spreading!

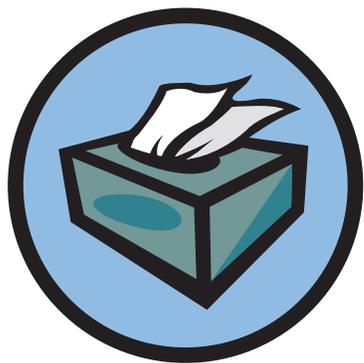


Apart from flu vaccine, there are things you can do to protect yourself from getting sick. These simple actions can **STOP** the spread of germs:



Wash Your Hands!

- Use soap.
- Spend **20 seconds** washing hands, wrists and under fingernails.
- After rinsing, dry hands with a clean paper towel.
- Use a paper towel to turn off faucet.
- If there's no soap and water available, use alcohol-based hand gels.



Practice Good Respiratory and Personal Etiquette.

- Cover your mouth and nose when coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Use disposable tissues.
- Avoid close contact with people who are sick.
- Avoid sharing food or eating utensils with others.
- Stay home if you are sick.



Other good habits, such as **healthy eating, drinking lots of water and getting plenty of rest,** can also help you stay healthy in the winter and all year!

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Prevenga que la Influenza

Y otras enfermedades contagiosas se propaguen

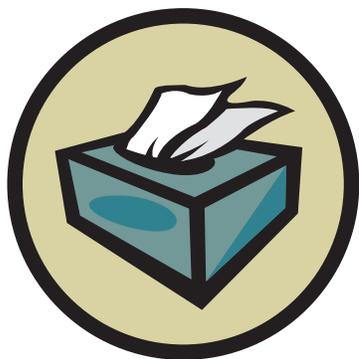


Además de la vacuna contra la influenza, hay cosas que usted puede hacer para protegerse de la enfermedad. Estas simples precauciones pueden **EVITAR** la diseminación de los gérmenes:



Lávese las manos!

- Use jabón.
- Dedique **20 segundos** a lavarse las manos, las muñecas y debajo de las uñas.
- Después de enjuagarse, séquese las manos con una toalla de papel limpia.
- Use una toalla de papel para cerrar la llave del grifo.
- Si no hay agua y jabón disponibles, use sustancias sanitarias de manos a base de alcohol.



Practique buenos hábitos personales y de respiración

- Cúbrase la boca y la nariz al toser o estornudar.
- Evite tocarse los ojos, la nariz y la boca.
- Use pañuelos desechables.
- Evite el contacto con personas que están enfermas.
- Evite compartir alimentos o utensilios para alimentación con otras personas.
- Permanezca en casa si está enfermo (a).



Otros buenos hábitos como **comer saludablemente, tomar mucha agua y descansar lo suficiente**, también pueden ayudar a mantenerlo saludable en el invierno y todo el año!

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