**Flu Shots**

**Frequently Asked Questions**

The flu season is almost upon us. To help you prepare, <Company Name> has arranged on-site flu shots. The shots are offered at no cost. We hope you will take advantage of this opportunity to keep yourself healthy.

**Who should get a flu shot?**

According to the CDC, all people six months of age and older should get the flu vaccine, including healthy

people and people with chronic medical conditions. There are some people who should not get a flu vaccine without first consulting a physician. These include:

* People who have a severe allergy to chicken eggs.
* People who have had a severe reaction to an influenza vaccination.
* People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.)
* People with a history of Guillain–Barré Syndrome (a severe paralytic illness, also called GBS) that occurred after receiving the influenza vaccine.

**When can I get a flu shot?**

Flu shot clinics will be offered <Dates of Clinics and locations>. Please note that pre-registration is recommended. Pre-registration allows us to be prepared for demand. It keeps lines down and reduces wait times to a few minutes. <Company Name> is financially responsible for each flu shot and pays in advance, so it’s important that you show up for your appointment.

**How do I pre-register?**

Visit the registration website at: <Insert RMT URL>. If you include your email, you will receive a confirmation email and two reminder emails. When scheduling your appointment, please keep this important point in mind: During Step 1 of the scheduling process, you will need to enter your first name and last name, email, and password.

**What should I wear to get a flu shot?**

Please wear clothing that enables easy access to the upper arm (i.e., short sleeves, loose-fitting shirt or

layering with a tank top or undershirt). For men wearing dress shirts and ties, please loosen or remove the tie before seeing the nurse. You should be prepared to pull your shoulder out of your shirt, which may require you to unbutton your shirt.

**Where are the flu shots given?**

Healthcare professionals administer flu vaccines via intramuscular injection, injecting the medication into the deltoid muscle (the big muscle on your shoulder).

**What if I am pregnant?**

The Centers for Disease Control and Prevention (CDC), the American Congress of Obstetricians and

Gynecologists (ACOG), the American College of Nurse-Midwives, the American Academy of Pediatrics, and many other organizations all strongly recommend a flu shot for pregnant women. We encourage you to talk to your physician about receiving a flu shot during prenatal visits.

**Who is eligible for a flu shot?**

All active employees can receive a free flu shot. Contractors, retirees and family members should locate a flu shot provider in the community.

**Who will give the flu shots?**

<Company Name> has partnered with TotalWellness to provide flu shots. TotalWellness nurses will come on-site for flu shot clinics.

**Why is <Company Name> providing flu shots to employees?**

<Company Name> is committed to its employees’ health and well-being, prioritizing it as an important company-wide initiative. Since up to 20% of Americans get the flu each year, and receiving a flu shot is the best way to prevent flu infection, <Company Name> is offering free on-site flu shots.

**What is the flu?**

Seasonal flu (or influenza) is a respiratory illness caused by a virus that can be transmitted from person to person.

**How does the flu spread?**

Flu generally spreads when an infected person coughs or sneezes, sending infectious droplets of moisture into the air for others to breathe. A person can also catch the flu by touching a surface where those droplets have fallen.

**Will I get sick from the flu shot?**

The viruses in a flu shot are killed (inactivated), so you cannot get flu from a flu shot. Some minor side effects that may occur are: Soreness, redness, and/or swelling where the shot was given.

**Is the flu shot safe?**

The flu shot is safe and effective. There are side effects to the flu shot, but these are very few and mild. The most common side effect is soreness in the arm where the shot was given. This usually lasts a few days and does not affect the arm function but will cause aching. Some people develop mild body aching and a very low-grade fever for a few days after the flu shot. Talk to your doctor first if you have concerns about getting a flu vaccine.

**Do I need a flu shot every year?**

To improve your chances of avoiding the flu, you need to get a flu shot every year. Scientists choose strains of the flu virus to include in the vaccine. This decision is based on international surveillance and what they determine will be circulating during the following flu season. Antibodies that provide protection against the flu peak about two weeks after vaccination.

**What if I have additional questions about the flu shot clinic?**

Please contact <Company Contact Name> with any additional questions.