**Flu Shot Clinic Messages**

Use these messages to help promote your flu shot clinic via e-mail, intranet notifications or newsletter articles. Add in details about your specific event.

**Message 1:**

Subject: You don’t have time for the flu

You live a full life, both at work and at home. Every minute of the day is jam-packed. So why would you let the flu put your life on “hold” for a week?

When the flu takes over, you could even find yourself in the hospital. It’s a serious illness that starts suddenly. When you get the flu, you’ll likely experience a high fever, headache, chills, and muscle aches.

The best way to prevent the flu is to get a shot every year. That’s why [ABC Company] has teamed up with health professionals from TotalWellness to offer a flu shot clinic to our employees. Take a few minutes now to schedule your flu shot.

**Flu Shot Clinics:**

[Date(s)]

[Time(s)]

[Location(s)]

Register here: [URL]

Protect yourself. Get your flu shot.

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**Message 2:**

Subject: Cold or flu? There is a difference

Flu, cold. Tomato, tomahto.

Unfortunately, the flu isn’t just a nasty cold. It’s much more serious. The flu attacks with a vengeance and can potentially put you in the hospital. With the flu, you’ll experience fatigue, high fever, muscle aches, headache, cough and more. It usually comes on suddenly, leaving you sick in bed for up to two weeks. Though a cold may linger for a week or two, cold symptoms are much less severe. A person usually can function with a cold. That’s why it’s so important to make sure you get a flu shot each year.

[ABC Company] is offering flu shot clinics to help employees avoid the flu this season. Take a moment now to make sure you don’t end up at your doctor’s office, or even in the hospital.

**Flu Shot Clinics:**

[Date(s)]

[Time(s)]

[Location(s)]

Register here: [URL]

Protect yourself. Get your flu shot.

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**Message 3:**

Subject: Flu shots are simple and fast

[ABC Company] will offer all employees free flu shots this fall.

The clinic will be:

**[Date(s)]**

**[Time(s)]**

**[Location(s)]**

Register here: [URL]

The flu is a serious illness that can last up to 14 days and, in some cases, requires hospitalization. Symptoms include high fever, headache, muscle aches and cough. The flu spreads easily between people. It can lead to pneumonia and is more serious for people with other chronic diseases. Millions of people get the flu each year, and thousands die from flu-related causes.

Protect yourself. Get your flu shot.

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**Message 4:**

Subject: Don’t Let the Flu Get You

If you work in an office setting, you know that if one of your co-workers gets the flu, chances are, it will spread faster than the latest office rumor. The flu spreads easily, and, because it comes on so fast, you can infect others before you even know you’re sick.

Flu season usually peaks in January, so it’s best to get your flu shot now. It takes only a few minutes, and the most you’ll feel is a tender spot on your arm where the shot was given.

Who Should Get the Flu Shot?

Anyone 6 months or older who wants to avoid the flu should get a shot every year in the fall.

Some people are more likely to have complications from the flu. They include:

* All children 6 months to 18 years old
* Adults 50 years of age or older
* All people more than 6 months old who have chronic health conditions, including lung disease, kidney disease, asthma, diabetes and heart disease
* Health care workers
* Anyone who lives in a nursing home or other long-term care facility
* Women who will be pregnant during flu season
* Anyone who lives with people in these high-risk groups

On-site flu shot clinics

[ABC Company] will be offering free flu shot clinics for employees. Licensed nurses from TotalWellness will provide the shots at various locations across the company.

[Date(s)]

[Time(s)]

[Location(s)]

Register here: [URL]

Protect yourself. Get your flu shot.

\*You should check with your health care provider if you have an allergy to eggs or thimerosal, have had a severe reaction to a flu shot in the past, have ever had Guillain-Barré syndrome, or have a fever more than 100 degrees at the time of the shot.

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