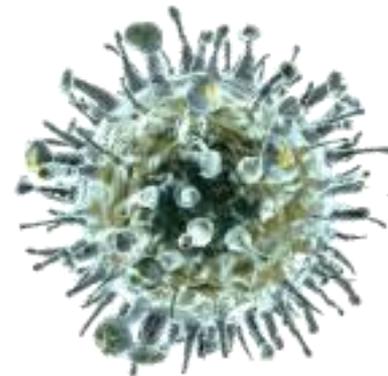




# How can I Prevent Influenza at

**My Long Term Care Facility?  
Get Your Flu Shot!**

- ✓ Influenza is known as “the flu”
- ✓ It’s contagious (visitors can be carriers)
- ✓ Symptoms vary



# The signs and symptoms of the flu

- ✓ Body aches
- ✓ Chills
- ✓ Dry cough
- ✓ Fever
- ✓ Headache
- ✓ Sore throat
- ✓ Stuffy nose
- ✓ Fatigue



- ✓ 36,000 deaths annually
- ✓ 200,000 people are hospitalized due to influenza
- ✓ 90% of the deaths are people 65 and older



## Who should get a flu shot

- ✓ All visitors and family members of residents
- ✓ All staff members
- ✓ Long-term care residents
- ✓ All persons > 50 years
- ✓ Pregnant women
- ✓ Children 6 months – 18 yrs
- ✓ Household contacts and caregivers of children < 6 months



# Flu Prevention

## Get vaccinated!

- ◆ Your best protection!

## Practice good hygiene

- ◆ Wash hands often
- ◆ Cover your mouth/nose when you cough/sneeze
- ◆ Put used tissues in waste basket
- ◆ Clean your hands after you cough/sneeze
- ◆ Avoid touching your face, eyes, nose or mouth
- ◆ Wear proper PPE such as masks



## If you get the flu

- ✓ Stay home, get plenty of rest and drink fluids, protect others
- ✓ This year providers may also want people to get a diagnosis – flu vs. COVID-19
- ✓ If diagnosed with the flu an anti-viral medication may be prescribed

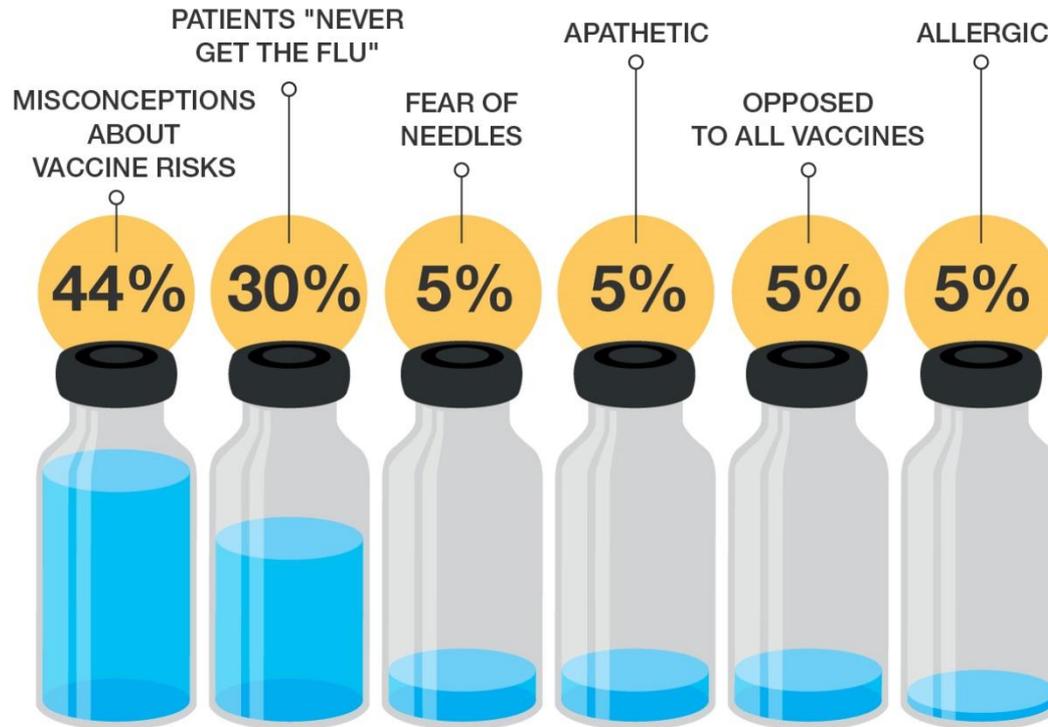
## Misconceptions

- ✓ “If I get the shot I’ll get the flu”

## Reasons people don’t get immunized

- ✓ “I don’t need the vaccine, I’ve never gotten the flu”
- ✓ “I hate needles”
- ✓ “I got the shot last year”

# WHY DO PATIENTS DECLINE THE FLU SHOT?





**Make sure families and staff are made aware of the importance of a flu shot and how to protect themselves from COVID-19 and the flu.**

**The CDC has some promotional materials and posters you can use to promote flu and COVID-19 prevention.**

# Centers for Disease Control Flu Promotional Materials

**TAKE 3 ACTIONS TO FIGHT FLU**

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

**GET YOURSELF AND YOUR FAMILY VACCINATED!**

A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

**STOP THE SPREAD**

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

**ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS**

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

[WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU) #FIGHT FLU