

**Did you know?
Flu shots are FREE to
Lake County Employees
and Retirees!**

What Lake County Employees Need to Know About FLU



Flu is a BIG deal

- Influenza is a contagious disease of the nose, throat, and lungs that can lead to serious complications such as pneumonia, dehydration, and death.
- The flu is much more serious than the common cold. Symptoms of the flu can be severe and can last 1-2 weeks. Symptoms can include high fever, headache, cough, sore throat, nasal congestion, body aches and fatigue.
- Flu is commonly confused with other illnesses. People who say they had the “stomach flu” or a “24-hour flu” or a “touch of the flu” did not have the real flu, that is influenza. It is important to know that there is a difference.
- Influenza and related complications result in hospitalization for up to 200,000 Americans per year, and 36,000 deaths. This is tragic, because influenza is largely vaccine-preventable.

First do no harm

- Employees in healthcare settings are at HIGH risk for catching the flu due to exposure from patients and others. They are also at risk for spreading influenza to their patients, including those at highest risk for death and complications.
- All other Lake County employees having significant contact with the public are strongly encouraged to get vaccinated against the flu every year.
- Because you can be infectious for up to 2 days before symptoms appear, unvaccinated individuals may unknowingly spread the disease to others. By getting vaccinated against the flu, you are protecting your patients, your family, yourself.

Why should I get the flu vaccine?

- In addition to affecting patients around you, catching the flu can affect you in many ways including: loss of wages or use of sick time, extra medical expenses, two weeks away from work and leisure activities, or caring for ill family members that you infect.
- When employees are out with the flu, it makes their healthy co-workers busier — but remember, the same is true in reverse! Ask your co-workers to get their flu shot!

Get your flu shot EVERY year

- It is not enough to get the flu vaccine once in a while. The vaccine contains new strains of the virus each year.

Which flu vaccines are available to employees?

- Injectable flu vaccine
- Nasal spray flu vaccine (up to 49 years of age)

A word about side effects

- As with any vaccine, it may give you a low-grade fever or make you feel a bit under-the-weather for a day because the vaccine is stimulating your immune system. However, since the flu shot is made from a killed virus, it is impossible to get the flu from it.
- You can get a runny nose or mild upper-respiratory symptoms for a day or two after the flu nasal spray because it is a live virus vaccine. However, it is impossible to get the flu from the flu nasal spray vaccine because it cannot travel to your lungs.

Get your flu vaccination early in the season

- It takes two weeks for your body to develop immunity after receiving the vaccine, so get your vaccine early to minimize exposing your clients, co-workers, or family members to the virus.

Employees will receive an email when the flu vaccine becomes available. Supervisors will also be asked to post information. If you have questions, please call the Immunization Program at 847-377-8470 or email us at healthchsflu@co.lake.il.us

Lake County Employee/Retiree Flu Clinics 2007

EMPLOYEE/RETIREE FLU CLINIC SITES				
Site Name	Address	Town	Date	Hours
Winchester House	1125 N. Milwaukee	Libertyville	10/26/2007	2:00 pm to 4:30 pm
Depke Juvenile Center	24647 N Milwaukee	Vernon Hills	11/05/2007	9:00 am to 11:30 am
County Building	18 N. County Street	Waukegan	11/13/2007	8:00 am to 12:00 pm
LCHD Immunization Program -- BMB Annex	2303 Dodge Avenue	Waukegan	Thursdays 10/11/2007 to 12/27/2007	8:00 am to 11:00 am (See note below)

Note: All clinics held at the Immunization Program - BMB Annex are open exclusively to employees and retirees from 8:00 to 9:00 am for faster service. From 9:00 to 11:00 am, the clinic is open to the public, but employees will be fast-tracked to the best of our ability.