



## **Annual Influenza Immunization Information**

**An employee of European Service at Home, Inc., I have been informed about**

### **Risks**

- People over 65 are at risk of serious flu-related complications because the immune system weakens with age.
- The flu can worsen long-term health problems, even when they are well managed. So, those with Diabetes, asthma, chronic heart disease, etc., are at higher risk for flu-related complications.
- Severe flu disease is typically experienced by people 65 and older, with most flu-related deaths (75-80%) occurring in this age range.

### **Prevention**

- Wash your hands frequently (soap and water or alcohol-based rub) to protect from germs
- Clean and disinfect often touched surfaces at home and work, especially when someone is ill
- Avoid touching your eyes, nose, or mouth
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, eat nutritious food
- The single best way to prevent seasonal flu is to get vaccinated each year

### **Availability**

The flu vaccine is available at local drug stores or pharmacies, local counties, and at your healthcare providers from September to March.

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*Employee Name*

*Signature*

*date*