



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.

Employee Name

Signature

date