



Annual Influenza Immunization Information

An employee of European Service LLC, I have been informed about

Risks

- ☐ Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications due to weakened immune system.
- ☐ 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 a higher risk for flu-related complications.
- ☐ Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.
- ☐ 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
- ☐ If you are sick, ensure to cover your cough and sneeze with a tissue and dispose of it, perform hand hygiene. Stay at home if you are sick and only leave to seek medical attention if you need it. Always wear a mask when in crowded places or when leaving your home if you are sick.
- ☐ 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 office from September to March.

Employee Name

Signature

Date

Submit