

I'M A **FLU** **FIGHTER**

We don't want to see a one-two punch this winter with COVID-19 and the flu. We must work together to protect our loved ones and community. Getting a flu shot protects you, your family and your friends.

Become a flu fighter today!

Flu vaccination is free for all employees—no insurance required.

White River Valley School District

Wednesday, November 11, 2020

Elementary School – 484 W Main St, Worthington

1:00 PM to 6:00 PM

Thursday, November 12, 2020

High School – 5644 State Road 54, Switz City

1:00 PM to 6:00 PM

Your family and friends can get vaccinated, too! Free flu vaccines are available at the Greene County Health Department (GCHD) Monday through Friday, 8AM to 4PM with extended hours on Wednesdays until 6PM for individuals 4 years of age and older who live or work in Greene County.

No appointments necessary. Please remember to wear your mask, only bring people with you who are getting vaccinated, and do not attend if you have a fever or if you are sick. Social distancing will be in place.

Registered nurses will administer the free vaccines on a first come, first serve basis as quantities are available. You can find more information on the free flu clinics at www.co.greene.in.us/health or by calling the health department at 812-384-4496.

The Greene County Health Department would like to acknowledge IU Health for providing flu vaccines to Greene County. A special thank you to Carol Weiss-Kennedy, Director of Community Health, IU Health SCR for making this initiative possible!



Greene County Health Department



Indiana University Health

Prevent Flu This Fall and Winter

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever. While the numbers vary, in the US, millions of individuals get sick, hundreds of thousands are hospitalized, and tens of thousands die from flu and related complications each year. Flu also affects employers and businesses and costs an estimated \$11.2 billion in direct and indirect costs in the US annually. During the 2018–2019 flu season, flu vaccination prevented approximately 4.4 million flu illnesses, 58,000 hospitalizations, and 3,500 deaths.

Unlike COVID-19, the flu is a familiar foe and safe and effective vaccines are available. While getting a flu vaccine will not protect against COVID-19, there are many important benefits, such as:

1. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
2. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

Frequently Asked Questions

Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- Standard dose flu shots made from virus grown in eggs.
- Shots made with adjuvant and high dose for older adults.
- Shots made with virus grown in cell culture instead of eggs.
- Shots made using a recombinant vaccine production technology that does not require the use of a flu virus.
- Live attenuated influenza vaccine (LAIV, the nasal spray vaccine), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.

What are the side effects of flu vaccines?

- Flu shots: Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.
- Nasal spray flu Vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever. If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later. Flu vaccines are offered in many doctors' offices, clinics and pharmacies. Flu vaccine is available in many other locations, including your local health departments.

For more information on the Flu visit the CDC's webpage: www.cdc.gov/flu