



Meeting Life's Challenges

300 Washington Avenue Extension
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From: Elizabeth Martin
Sent: September 23, 2020
To: Living Resources Employees
Subject: Your health is one of our highest priorities – Get your Flu Shot now and get a \$10 Stewart's Gift Card!

Dear Colleagues:

According to the Center for Disease Control and Prevention (CDC), **getting the flu vaccine is more important than ever during the 2020-2021 flu season**. The flu vaccine helps to protect you and the people around you from the flu, and helps reduce the strain on our healthcare systems that are still responding to the COVID-19 pandemic.

The CDC recommends that everyone six months and older get the flu vaccine. They also suggest that you should get the flu vaccine before flu viruses begin spreading in your community. Since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, you should make plans to get vaccinated early in fall.

At Living Resources, we understand the importance of protecting our loved ones, our colleagues, and those we care for, which is why we are **providing a \$10 Stewart's gift card to all employees who present proof of their influenza vaccination to reception** (at 300 Washington Avenue Extension, Albany, NY) and sign for the gift card.

To make it even easier to receive your flu shot, we have set up a **FREE flu shot clinic for ALL employees** hosted by CDPHP on **October 1, 2020 from 10am-3:30pm at 300 Washington Avenue Extension, Albany, NY**. Please reach out to Tasha Persaud at 518-218-0000 x 5347 or at tpersaud@livingresources.org to schedule your appointment. We hope to schedule two additional clinics and will keep you advised of location and times. If you are unable to attend our FREE (for all employees) Clinics and do not have health insurance coverage, please reach out to Joe LaMalfa at jlamalfa@livingresources.org and HR will contact you to assist you in **getting your flu vaccine at NO cost**.

In the event that you are unable to schedule an appointment at our Flu Shot Clinic, please check with your physician, local pharmacy, or go to <https://vaccinefinder.org/find-vaccine> to locate your nearest location.

Thank you for helping us keep everyone healthy!

Elizabeth Martin, CEO

A Strong Defense Against Flu: Get Vaccinated!

FIGHT FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



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.



For more information, visit: www.cdc.gov/flu
or call 1-800-CDC-INFO



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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.



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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. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

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 and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Use the [vaccine finder](#) at to find a flu vaccination clinic near you.