Prevent flu at work.

**Flu is a serious illness.**
Each year in the United States, flu causes:
- 9.3 million to 49 million people to get sick.
- 140,000 to 960,000 people to end up in the hospital.
- 3,000 to 49,000 people to die.

**Flu is bad for business.**
Flu can cause a person to miss up to 6 work days.
Each year in the United States, flu causes:
- 17 million missed work days.
- $7 billion lost productivity.

**A flu shot is the best protection.**
Centers for Disease Control and Prevention (CDC) recommends everyone older than 6 months get a flu shot each year.

**Good habits promote health.**
- Wash hands frequently with soap and water or use hand sanitizer.
- Cover sneezes and coughs with a tissue or elbow.
- Stay home when sick.

**Help your employees stay healthy.**
- Encourage employees to get a flu shot. Offer an incentive, like an hour off to get a flu shot.
- Give employees information about the importance of flu shots and where they can get one.
- Purchase flu shot gift cards from a pharmacy or other provider and give them to employees.
- Provide hand sanitizer and tissues for staff and visitors.
- Provide employees with sick leave.

**Host a flu shot clinic.**
- Employees are more likely to get a flu shot when it’s offered at work.
- Many providers will come to your workplace and hold a flu shot clinic.
- Some providers will bill insurance.
- Fall is the best time to get a flu shot. Contact a provider as early as possible to schedule a flu shot clinic.

For more help preventing flu at work, visit [tpchd.org/healthy-people/flu/worksite-flu-prevention](http://tpchd.org/healthy-people/flu/worksite-flu-prevention).
Flu shot clinic providers

Available statewide

Fred Meyer
clinicalservicesteam@kroger.com
krogerhealth.com/employer-solutions

GetAFluShot.com
(503) 258-9800
getaflushot.com

Maxim Health
(253) 671-9909
maximhealthcare.com

OccuVax
(800) 558-5754
occuvax.com

Rite Aid
Call your local store or (855) 882-5951
riteaid.com/pharmacy/services/vaccine-central/workplace-flu-shot-program/shield-my-workforce

Walgreens
Call your local store
walgreens.com/flu

Walmart
Call your local store
walmart.com/cp/immunizations-flu-shots/1228302

Available regionally

Kirk’s Pharmacy
(360) 832-3121
kirksparmacy.com

Lincoln Pharmacy
(253) 722-6099
lincolnrx.com

Rxpress Pharmacy
(253) 862-5000
rxpress-pharmacy.com

Seattle Visiting Nurses
(425) 967-3080
seattlevna.com

Available in Tacoma

Rankos Pharmacy
(253) 383-2411
rankospharmacy.com/vaccinations

Fall is the best time to get a flu shot. Schedule now.

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