

# Flu Employer Emails

## E-mail #1

(Subject line): **Upcoming Flu Clinic**

Influenza (the flu) kills over 36,000 Americans every year. This illness can make you feel miserable for up to 2 weeks, and, even if you don't get sick, without a vaccine you run the risk of transmitting the flu to those you love. Shockingly, over 200,000 people are hospitalized for flu-related complications each year in the United States.

Influenza is an acute, highly contagious respiratory disease that often occurs on an epidemic scale. Influenza can cause fever, cough, chills, sore throat, headache, muscle aches, and more unpleasant symptoms in people of any age. To diminish the impact of this communicable disease, {INSERT COMPANY NAME} has scheduled a flu clinic. Participation in the clinic is easy and will take very little time to complete.

Passport Health, the leader in preventive medicine and the largest private provider of vaccines in the U.S., will be here to administer flu shots on:

{INSERT DATE AND TIME}  
{INSERT LOCATION}

We encourage you to take this opportunity to get your entire family vaccinated {If applicable you can state what the cost will be for family members}. More information about the flu is available in the {INSERT COMMON AREA, such as lounge, cafeteria, break room, conference room, etc}. You can also contact Passport Health for further information at 1-888-986-8868 or by visiting [www.passporthealthusa.com](http://www.passporthealthusa.com).

See you at the clinic!

Sincerely,

**NOTE:** The flu vaccine provides protection against serious complications from the flu, and the CDC advises that “all people 6 months of age and older should get the flu vaccine.” Nevertheless, always consult first with your healthcare provider to identify any conditions that may preclude receiving the vaccine. Vaccine protection is never 100%, and some people can still get the flu after vaccination. All vaccines have side effects, and, as the CDC notes, “A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small. Serious problems from inactivated influenza vaccine are very rare.” Common side effects typically include local reactions and general symptoms.

## E-mail #2

(Subject line): **You Could Be Spreading the Flu (Without Even Knowing)...**

Think you're immune to influenza? Think again - you can contract this virus and pass it on to others...before you even know you have it! The primary way influenza viruses are spread is person to person contact after a cough or sneeze. In fact, infectious droplets from a cough or sneeze can be propelled up to 3 feet, and surfaces can be a source of contamination as well, especially if proper sanitation and hand washing techniques are not dutifully employed.

Below are 3 reasons why all of us here - even those who think they are healthy and don't need a flu shot - should get vaccinated:

1. Influenza doesn't just make you miserable; it's a serious disease that can lead to pneumonia and can result in the worsening of chronic conditions such as congestive heart failure, asthma, or diabetes. In fact, each year in the United States, influenza and its complications result in an average of over 200,000 hospitalizations and 36,000 deaths
2. According to the Centers for Disease Control and Prevention (CDC), **getting vaccinated is the single best way** to help prevent influenza. Especially when there is a close match between the virus strains in the vaccine and those in circulation, the influenza vaccination prevents infection in up to 90% of healthy people aged younger than 65 years.
3. Getting vaccinated helps protect you, and it can also help protect those around you. The CDC recommends annual influenza vaccination for anyone 6 months of age and up.

So, how do you help protect yourself and the many lives you touch this influenza season? **The single best way to prevent influenza is to get vaccinated.**

If you haven't done so already, ***reply to this e-mail today to schedule your vaccination*** on [date] between [time] and [time] in [place], or contact [name] at [extension].

**NOTE:** The flu vaccine provides protection against serious complications from the flu, and the CDC advises that "all people 6 months of age and older should get the flu vaccine." Nevertheless, always consult first with your healthcare provider to identify any conditions that may preclude receiving the vaccine. Vaccine protection is never 100%, and some people can still get the flu after vaccination. All vaccines have side effects, and, as the CDC notes, "A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small. Serious problems from inactivated influenza vaccine are very rare." Common side effects typically include local reactions and general symptoms.

### E-mail #3

(Subject line): **“I didn’t get a flu shot because...”**

People give a lot of excuses for avoiding the influenza vaccination and risking infection. However, many common reasons are actually based on myths. Do any of these sound familiar?

**Myth:** “I might catch the flu from the vaccine.”

**Fact:** Injectable influenza vaccines are made from influenza viruses that have been weakened (attenuated) and neutralized (inactivated). In other words, the immunization cannot give you the flu.

**Myth:** “Flu shots are for old people and young kids.”

**Fact:** The elderly and young children are just two of the groups considered to be at increased risk for complications from influenza, but the influenza vaccination is recommended to all persons 6 months and older.

**Myth:** “I’ve heard the side effects from the shot are worse than the flu itself.”

**Fact:** The risk of an influenza shot causing serious harm is extremely small. However, a vaccine, like any medicine, may in rare cases cause serious problems such as allergic reactions. The vast majority of people who get the influenza vaccine have no serious problems from it, but always check with your Primary Care Physician first.

**Myth:** “I’ve never gotten the flu before.”

**Fact:** Influenza viruses change from year to year, so even if you were immune to influenza strains in the past, you may not be protected from the new strains that could emerge this season.

The Centers for Disease Control and Prevention (CDC) say that **vaccination is the single best way to prevent** this serious seasonal respiratory disease.

Help protect yourself and the lives you touch this influenza season. Schedule your vaccination on [date] between [time] and [time] in [place], or contact [name] at [extension].

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## **E-mail #4**

(Subject line): **Influenza: Can You Afford the Time?**

Aside from feeling sick for a number of days, there are other costs that come with getting the flu. What if you or your fellow workers become ill from influenza this season...can you afford the associated lost hours?

- Lost Time - An estimated 2 to 3.5 days lost from work per illness from influenza
- Plus - Compromised productivity when your sick co-workers come to work instead of staying home

Help protect yourself from the losses associated with influenza by scheduling your vaccination on [date] between [time] and [time] in [place], or contact [name] at [extension].

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## **E-mail #5**

(Subject line): **Stay Protected from “Presenteeism”**

We all know that productivity at work suffers when there’s high absenteeism during flu season. Indeed, employees lose an estimated 2 to 3.5 days from work when sick with the flu.

Most people who get influenza recover fairly quickly. What happens if employees come back to work when not fully well?

“Presenteeism” is a new term used to describe employees who are present at work, but functioning somewhat below 100% capacity due, in this case, to lingering illness.

When researchers have looked at the effects of influenza on job performance, they find that influenza not only results in days spent sick in bed but also impairs performance for days after.

Don’t lose days or weeks of productivity this year! This flu season, do everything you can to stay healthy and on the go.

Influenza vaccinations are being provided on [date] between [time] and [time] in [place]. Schedule your vaccination by contacting [name] at [extension].

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## **E-mail #6**

(Subject line): **What about Your Family and Friends?**

Maybe you're thinking, "The flu? I'm willing to risk it." Even though YOU may be willing to take the risk... what about the many other lives you touch?

Influenza is a contagious respiratory disease that can be quite dangerous, especially for people at risk of serious influenza-related complications. In addition to strongly advising the influenza vaccination for high-risk groups, the Centers for Disease Control and Prevention (CDC) recommend the influenza vaccination for anyone 6 months of age and older. The flu vaccine is highly recommended for people who can transmit influenza to those at high risk for complications, such as those who care for young children or a person with chronic heart or lung disease, people aged 50 years or older, and healthcare workers.

Help protect yourself, as well as the many lives you touch, from influenza. Schedule your influenza vaccination by contacting [name] at [extension]. If you've already done so, just come to [place] on [date] between [time] and [time].

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## **E-mail #7**

(Subject line): **Vaccination Event - Don't Forget!**

There are just [ \_\_\_\_ ] more days until your influenza vaccination is conveniently available right here at work.

Make sure you get vaccinated this flu season! Contact [name] at [extension]. If you've already done so, just come to [place] on [date] between [time] and [time].

Remember, getting vaccinated is the single best way to help prevent influenza!

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