

wic staff:

Get Your Flu *and* Tdap Shots!

Protect Yourself

You are likely to be exposed to the flu and to pertussis (whooping cough) at work. If you don't get flu and Tdap vaccines, you can catch the flu and pertussis and end up very sick. The shots are very effective and cannot give you the flu or pertussis. If you are under 50, ask your doctor about the nasal spray flu vaccine (FluMist®).

Protect Your Participants

You can spread the flu and whooping cough even **before** you feel sick. For some participants, especially babies and young children, these diseases can be life-threatening. In California whooping cough is at epidemic proportions already and several babies have died. In the United States, about 36,000 people die from the flu and its complications every year.

Avoid Missing Work

If you catch the flu or whooping cough, you may miss weeks of work and lose pay or sick days. Others may need to step in to cover your duties. **Your coworkers, participants, and family depend on you.**

Protect Against Whooping Cough *and* the Flu

For the nearest flu clinic, go to www.flucliniclocator.org or check with your doctor, local health department or employer.

HAVE QUESTIONS?

Visit www.GetImmunizedCA.org or call the Centers for Disease Control and Prevention Hotline: 1-800-CDC-INFO (1-800-232-4636)

