



WELLNESS

Wellness Flu Shots Disclaimer and Health Information

An annual flu shot is **recommended** for anyone, especially those deemed to be at high risk of contracting influenza. This includes people over 50, those with heart problems, lung or kidney disease, asthma, diabetes, cancer, HIV infection and any illness or treatment that weakens the immune system. It is also recommended for those who care for or live with someone with these high-risk medical conditions.

People who **should not** receive the vaccine include those who have an allergy to eggs (used to make the vaccine) and anyone who has ever been paralyzed with Guillian Barre' Syndrome. People who have a cold or fever should wait until they have recovered. Women who are pregnant or may be pregnant should check with their health care provider. Those 18 and over are eligible for the vaccination. Those under 18 should see their primary care physician.

Please bring any questions or concerns you may have about the shot to the event. The medical professionals (flu shot administrators) on hand will be able to consult with you. Flu shots are completely voluntary. You will be required to complete a consent form.



Fight the Flu!

Get Your FREE All-in-One Flu Shot

OCTOBER 11-14, 2010

DE ANZA COLLEGE: Hinson Campus Center, Conference Room A
Monday, October 11, 2010: 9am-NOON
Tuesday, October 12, 2010: 10am-1pm

FOOTHILL COLLEGE: District Board Room
Wednesday, October 13, 2010: 10am-1pm
Thursday, October 14, 2010: 10am-NOON

- To protect yourself, you need a flu shot every year
- You must pre-register on-line for one of the above dates to receive a flu shot
- The 400 free vaccines will be provided on a first-come, first-serve basis
- An Employee ID or Kaiser/UHC insurance card is mandatory for identification purposes

IMPORTANT: The 2010-2011 vaccine will protect against **three** different flu viruses: an **H3N2 virus**, an **influenza B virus** and the **H1N1 virus** that caused so much illness last season.

*If you cannot make one of the sessions above or if you want to vaccinate your other family members, please coordinate a seasonal flu shot visit with a nurse in your doctor's office — **UHC Network providers and Kaiser will pay 100%** of the cost of the vaccine and administration by a nurse (meaning no copayment!) for anyone covered in FHDA's health insurance.*



Annual flu vaccinations are offered at no cost to all FT contract and reduced-contract faculty, staff, and PT benefits eligible faculty.

NOTE: For information regarding the **Free Flu Shots registration portal**, please access the district's benefits web page: <http://hr.fhda.edu/benefits/> on or after **Tuesday, September 28, 2010**. An email reminder will be sent out to all benefited employees regarding the event.

THE PROGRAM IS SPONSORED BY THE WELLNESS ADVISORY COMMITTEE