

VACCINATE AGAINST THE FLU

SIMPLE STEPS TO REDUCE THE RISK OF INFECTION:



Wash your hands with soap or disinfect them several times a day



Use disposable tissues when you cough or sneeze



If you don't have any tissues, cough or sneeze into the crook of your arm



Stay at home if you have flu symptoms to prevent the spread of the disease



Together against the flu

Recommendations from the Federal Office of Public Health - FOPH

GB : <http://www.vaccinateagainsttheflu.ch/en-us/>

FR : <http://www.sevaccinercontrelagrippe.ch/fr-ch/>

Any question?

Tel. 73802 or Infirmary.service@cern.ch

REMINDER

Seasonal Flu is a highly contagious illness caused by viruses that affect the respiratory system.

It is usually benign but can be serious for people suffering from a chronic condition (pulmonary, cardio-vascular, renal, cancer etc.), obesity (BMI \geq 30), recovering from a serious disease or operation and for pregnant women, babies and the elderly.

The flu virus is transmitted through water droplets in the air and by contact with contaminated surfaces.

As soon as the first symptoms occur (temperature $>38^{\circ}\text{C}$, shivers, cough, muscle ache and/or weakness) **it is strongly recommended that you stay at home in order to avoid spreading the virus.**

The flu vaccination is not recommended if you are allergic to egg whites or to one of the vaccine's components.



GET VACCINATED AT CERN !

The Medical Service invites all CERN personnel to come to the infirmary (building 57 ground floor) with their flu vaccine. It should be bought at the pharmacy, exclusively enclosed in a sealed package

In order for the vaccine to be reimbursed by Uniqa, the Medical Service will provide you with a prescription when you come for your injection.

The Medical Service cannot administer the flu vaccination for family members or CERN pensioners, who must instead contact their family doctor.



By choosing to be vaccinated, not only do you protect yourself from flu but also your family, friends and colleagues