



**PROTECT YOURSELF
AND YOUR PATIENTS
FROM INFLUENZA**

Get vaccinated





If you are a health care worker you are at greater risk of being exposed to influenza than the general population

Health care workers have a higher risk of getting influenza compared to the general adult population due to the nature of their work. If you are a health care worker you can get influenza from your coworkers and patients.

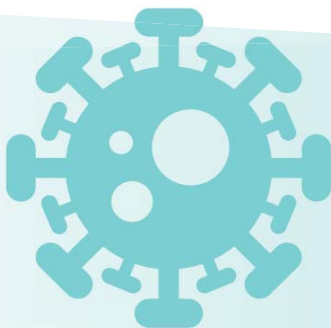
Some studies have shown that, during outbreaks in health care facilities, more than half of health care workers caring for influenza patients can become infected with the virus. Vaccination against influenza every year is the best way to protect yourself against the disease.

Once you have influenza you can pass it on to your patients

Studies show that health care workers can transmit influenza to patients who may be especially vulnerable to complications. Influenza is particularly undesirable for infants, the elderly and those with immunosuppressive and other chronic conditions. Some patients may develop life-threatening complications and there have been documented cases of influenza deaths in neonatal intensive care units and paediatric oncology wards following health care worker transmission.

Because health care workers are dedicated individuals, they often come to work when they are sick, increasing the risk of transmission

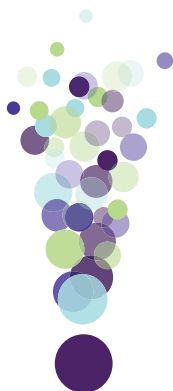
In addition, influenza infection is often asymptomatic, so you can spread it to others even if you don't feel sick. In one study, half of the health care workers who had influenza did not realize that they had the virus. Being vaccinated can give you peace of mind, because you are less likely to infect vulnerable patients.



When health care workers are off work sick, patient care can suffer

Staff shortages during the influenza season can have a negative effect on patient care and increase health care cost. If a large number of health care staff needs to take sick-leave due to influenza, this can disrupt health services, including suspension of emergency admissions.

WHO recommends that all health care workers are vaccinated against seasonal influenza every autumn



Vaccination is safe

www.euro.who.int/en/fluaware