

Need help get a grip on the flu?

Protect yourself and those around you with a flu vaccine

The annual flu epidemic can cause havoc in the workplace. Fortunately, vaccines offer a solution.

1

If you catch the virus, you might remain bed-ridden for days.

Flu is accompanied by muscle pain, head or throat ache, fever and can even lead to pneumonia sometimes.



3

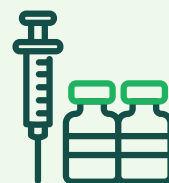
You being sick at home **increases your colleagues' workload**. A lose-lose situation for everyone.

2

A flu vaccine reduces the number of new illnesses by up to **80%**

and prevents **30%** of severe cases.

This also helps prevent you from infecting your colleagues, family and friends.



4

The flu vaccine will give you the flu: **a common misconception, not true**.



So be smart and get your flu shot.

Contact your supervisor or the HR department to get more details on the location and dates/times of flu vaccinations.

Thank you for your collaboration!

