

# EMPLOYEE BENEFIT

## IT'S TIME TO PREPARE FOR FLU SEASON!

It may be another beautiful fall here in Minnesota, but don't be fooled, flu season is on its way! It's time to be prepared against the virus that plagues many of us each year.

Influenza vaccines will be offered by **[Company name]** on **[Dates]** from **[Times]**. **Check with the flu shot coordinator at [Company name] about how to sign-up for your immunization.**

The flu, an acute viral infection affecting the entire body with symptoms that include fever, chills, headache, sore throat, cough, muscle aches, and is responsible for the loss of about 69.3 million working days each year in the United States.

Stay healthy, get vaccinated! It is especially important that people at higher medical risk get vaccinated. If you are 60 years or older, have chronic lung, liver, kidney, heart conditions, asthma, diabetes, anemia, or have a weakened immune system, then you are at higher medical risk for flu complications. Get the shot, not the flu!

Influenza vaccinations will be available at the times and locations noted below:

**Site #1**

**Day, Date . . . . . Time/Location . . . .**

**Site #2**

**Day, Date . . . . . Time/Location . . . .**

**Site #3**

**Day, Date . . . . . Time/Location . . . .**

**COST: Free as an employee benefit, or bring your [Name of HMO] insurance card for a no cost shot, or \$[current MVNA flu shot cost].**

Shots provided by:



**Minnesota Visiting Nurse Agency**  
**A Non-profit Minnesota Agency**  
*Leaders in Nursing Care Since 1902*

*At the non-profit MVNA, any proceeds from our Flu Shot and other Corporate Wellness Programs go directly to support home nurse visits to the ill and disabled adults in our community, as well as mothers and children in need. For more information about MVNA go to: [www.mvna.org](http://www.mvna.org) Your support matters!*

*Thank you!*