

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.**



2

If everyone gets a flu shot, this can **reduce the number of flu cases by 80%**. At the same time, you avoid contaminating your colleagues, family and friends.



3

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



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!

