

# Flu Season Ahead



Get your  
flu vaccine  
as soon as  
possible

With the prevalence of COVID-19, healthcare professionals are urging people to get their flu vaccination early in the season. As healthcare professionals ourselves, we know the role vaccines play to reduce the spread of contagious, infectious, or communicable diseases. CAPT encourages you to be part of the solution to implement flu-prevention measures, especially this year, as extra demands are being placed on healthcare facilities and providers during this pandemic.

Policy directives require healthcare personnel, such as ourselves, to receive either a flu vaccination or wear a protective mask. While we are already being required to wear face-covering while at work due to COVID-19, please don't let mask-wearing relax your motivation to help stop the spread of influenza this season.

According to the CDC, the flu vaccine can "prevent you from getting sick; reduce the risk of flu-associated hospitalization for children, working-age adults, and older adults; is an important preventive tool for people with

chronic health conditions; helps protect women during and after pregnancy; can be lifesaving in children; has been shown in several studies to reduce the severity of illness in people who get vaccinated but still get sick; and lastly, may also protect people around you."

For more information about how to prevent the flu this fall and winter, visit the CDC online at <https://www.cdc.gov/flu/prevent/index.html>.

