Healthcare Personnel!

Are your vaccinations up-to-date?

You should be immune to:

- **INFLUENZA**
  You need a flu vaccination every year. Unvaccinated healthcare personnel can spread influenza to patients and are a key cause of influenza outbreaks among patients and long-term care residents. You cannot get the flu from the vaccine.

- **HEPATITIS B**
  5%–10% of acute infections lead to chronic infection, and these lead to liver damage (cirrhosis), liver cancer, or death. Hepatitis B vaccine protects nearly all who are in contact with blood, body fluids, or used needles.

- **MEASLES/MUMPS/RUBELLA (MMR)**
  If you are not already immune to MMR, you should be vaccinated. Even mild or undetectable rubella disease can cause fetal anomalies.

- **TETANUS/DIPHTHERIA/PERTUSSIS**
  You need a booster every 10 years. You may need a dose now if you have direct patient contact or are injured.

- **VARICELLA (CHICKENPOX)**
  Varicella can be transmitted in hospitals by patients, staff, and visitors. If you are not already immune, you should be vaccinated.

PROTECT YOUR PATIENTS.

PROTECT YOUR FAMILY.

PROTECT YOURSELF.

GET VACCINATED!