

## MANAGING WELLNESS

# WHY GETTING A FLU SHOT IS IMPORTANT FOR ALL EMPLOYEES

- The common cold can pass through the workplace without much consequence, but just one employee coming to work with the flu can start a serious office epidemic
- Educating coworkers about the importance of getting a flu shot is the best way to prevent the flu and ensure productivity isn't affected
- Flu shots are available at many pharmacies, clinics and doctor's offices; you can also offer an on-site flu vaccine at the office



Posted by **DONNA PLEIS** ♦ November 4, 2018

It's that time of year again; the season when sneezing, sniffing and coughing begin to dominate the workplace. If you're regularly hearing these sounds throughout your office, it's likely that a lot of germs and viruses are flying around.

While the common cold can pass through without much consequence, just one employee coming to work with the flu can start a serious office epidemic, resulting in a slew of sick days and lost productivity. This is why getting a flu shot is *so important* for

all employees—it's the best way to [protect against influenza](#).

Here's an overview of the illness, as well as tips for encouraging your colleagues to get a flu shot this season.

## So, What Is Influenza?

Influenza, or the flu, is described by the Centers for Disease Control and Prevention (CDC) as “[a contagious respiratory illness caused by influenza viruses](#) that infect the nose, throat and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death.”

Flu viruses are very contagious and spread through tiny droplets that are sent into the air when an infected person talks, coughs or sneezes. These droplets may infect someone else by landing in their mouth or nose. You can also pick up flu viruses by touching a contaminated surface and then touching your mouth, nose or eyes.

Unfortunately, you can pass the flu on to other people before you even know that you are sick. After exposure, it takes about two days before symptoms appear; the most contagious period is in the first three to four days after the illness begins.

## Who Should Get the Flu Vaccine?

Influenza is a serious illness. What might seem like an inconsequential sickness to a healthy employee could result in complications requiring hospitalization when passed on to someone else. Individuals who are most likely to develop [flu-related complications](#) are those with a chronic condition like diabetes, asthma or heart disease, people over the age of 65, pregnant women and children younger than 5 years old.

This is why the CDC recommends everyone over the age of 6 months be vaccinated. And any parents or caregivers of infants under that age should *always* be vaccinated in order to protect the baby.

## Encouraging Coworkers to Get Flu Shots

Ideally, the CDC recommends people get vaccinated in early fall or by the end of October. However, the flu vaccine is typically offered—and is still beneficial—throughout the flu season. Keeping the workforce healthy has a lot of advantages for individual employees and the larger company. So, here are a few tips on how to encourage your coworkers to get a flu shot and how to stay healthy this year:

Provide information that explains the importance of flu shots (and where to get them) on all bulletin boards and in common areas like the lunchroom. Shots are often available at doctor's offices, pharmacies, urgent care clinics and health departments. You can also direct employees to the [HealthMap Vaccine Finder](#).

Consider offering the flu vaccine at the office. You will need to call your state's Department of Health, order the vaccine and schedule a date for administration. The more convenient it is for employees, the more likely it is they will get the shot.

Plan an incentive or hold a raffle. Any employee who has gotten the vaccine can enter their name in the raffle for a prize.

Educate employees on how to prevent the flu, like frequent hand-washing and staying away from sick people.

Urge employees to stay home from work when they are sick in order to reduce infecting their colleagues. Also reassure them that if they go to a doctor at the onset of the flu, they may be given an [antiviral medication](#) that could help *significantly*.

Healthy workers are [productive workers](#)! Therefore, it's worth your time and effort to convince colleagues that [getting a flu shot](#) is the best assurance they have to avoid contracting the flu this season.

Looking for other ways to effectively engage and support your fellow employees? Take a moment to explore United Concordia Dental's [Employer Toolkit](#).

[EXPLORE MORE](#): [employees](#), [overall wellness](#), [workplace productivity](#)

SHARE: [□](#) [□](#) [□](#) [□](#)

## RECENT POSTS

[Supporting Employees During National Family Caregivers Month](#)

[Why Getting A Flu Shot Is Important For All Employees](#)

[How Prediabetes, Diabetes And Gum Disease Are All Connected](#)

[Tapping Digital Business Tools For Small Business Efficiency](#)

[What Is An Employee Wellness Room And Why Is It Important?](#)

## ARCHIVES

---

November 2018

---

October 2018

---

September 2018

---

August 2018

---

July 2018

---

June 2018

---

May 2018

---

April 2018

---

March 2018

---

February 2018

---

January 2018

---

December 2017

---

November 2017

---

October 2017

---

September 2017

---

August 2017

---

July 2017

---

June 2017

---

May 2017

---

April 2017

---

March 2017

---

February 2017

---

January 2017

---

December 2016

---

November 2016

---

October 2016

---

September 2016

---

August 2016

---

July 2016

---

June 2016



## ABOUT DONNA PLEIS

Donna Pleis has been writing since 1991 and specializes in dental and medical topics. When employed by Armstrong World Industries, she wrote a quarterly dental newsletter for all company employees. She also wrote dental articles for a national newsletter called "The Doctor's Press" published by Wentworth Publishing for 2 years. Donna's educational background includes graduating from the University of Pittsburgh's Dental Hygiene program where she graduated first in her class, and earning a business degree from St. Joseph College in Maine.

---

YOU MAY ALSO LIKE





Copyright © 2017 United Concordia Companies, Inc. All Rights Reserved.

[UnitedConcordia.com](http://UnitedConcordia.com) | [Important Disclosures](#)

UNITED CONCORDIA®  
DENTAL