

# Stay Healthy This Winter—Get a Flu Shot!

According to the Centers for Disease Control (CDC), the flu is responsible for more than 200,000 hospitalizations and approximately 36,000 deaths annually in the U.S. It is estimated that from 5 percent to 20 percent of the population will get the flu in a given year. If you do not wish to be included in this statistic, the CDC recommends the most effective strategy is to get an annual flu immunization. To learn more about the flu and how to prevent it go to the CDC web site at <http://www.cdc.gov/flu/keyfacts.htm>



Also, if you would like to obtain free flu information posters and flyers on stopping the spread of flu at home and at school go to: <http://www.cdc.gov/flu/school/>

## Flu Clinics for FCPS Sites\*

FCPS sites have an opportunity to hold an on site flu clinic for employees. The flu clinics are provided by Inova Health Services. The cost of the flu immunization is \$22, payable by either cash or check. Medicare is accepted. Inova requests that a minimum of 25 employees are scheduled to hold a clinic. FCPS sites that cannot meet the 25 minimum, can partner with a nearby site to share a clinic.

The FCPS site wellness liaisons coordinate the flu clinics for their respective sites. If your site does not have a designated wellness liaison, contact [hrwellness@fcps.edu](mailto:hrwellness@fcps.edu) to schedule your flu clinic.

## Flu Clinics for Open Enrollment

During open enrollment, Inova will also hold flu clinics at the open houses on the following dates:

- Thursday, October 16, 3 p.m. to 6 p.m., Edison High School.
- Thursday, October 23, 3 p.m. to 6 p.m., Chantilly High School.
- Thursday, October 30, 3 p.m. to 7 p.m., Gatehouse Administration Center I.

The Open Enrollment flu clinics are on a walk-in basis, no appointment is needed. They are available to FCPS employees, retirees, and family members, 18 years and older. The cost for the flu immunization is also \$22 by check or cash to Inova. Medicare is accepted – please bring your Medicare card.

**\* Note: the flu mist and thimersol-free serum are not available at the clinics**

Questions regarding this information can be directed to [HRWellness@fcps.edu](mailto:HRWellness@fcps.edu)