

FLU AWARENESS | OCTOBER SAFETY SEGMENTS



Influenza, also known as the flu, is a virus that causes an infection of the nose, throat, and lungs. It can be spread through by touching objects that have been coughed or sneezed on by someone with the virus. It can even be spread through the air. Most people who get sick with influenza will recover, but in some cases, it can require hospitalization. All Albertans from 6 months and older are encouraged to get an influenza immunization each year. The influenza vaccine is free of charge and it is essential for seniors, pregnant women, or anyone else who has a compromised immune system.

IMMUNIZATION

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Influenza \(flu\) Vaccine](#) informational page by the Alberta Health Services. After everyone is done, use the guiding question below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Who gets a higher dose of the vaccine?
- Who SHOULD NOT get the vaccine?
- Who SHOULD get this vaccine?
- What does this vaccine protect you from?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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