

FLU CLINICS

Flu Protection

At **Passport Health** we want you to stay healthy this flu season. We also understand how important your employees, students, and family members are to you, and why it is important for them to be protected. Staying healthy during flu season means fewer lost days at work, fewer children missing school, and fewer family members home sick and in need of care. How can **Passport Health** help you stay healthy? It's all about flu shots!

Flu season may only be in the public's eye a couple of months out of the year, but at **Passport Health** we plan for it year round. We begin in early January planning our vaccine purchasing and we monitor the manufacturing process throughout the year. This gives us the advantage of delivering flu clinic programs to corporations, schools, churches, families and international travelers. We track delays in manufacturing, delivery dates, flu strain changes - all to insure we deliver the right vaccine to the right people at the right time. With over 160 locations nationwide, **Passport Health** works to make sure we have the right flu vaccine you need to stay healthy.

Why is it important to get a flu shot?

Flu is a contagious respiratory disease that can cause mild to severe illness, and at times can lead to death. Flu symptoms can include fever, cough, chills, sore throat, headache, and muscle aches. Every year in the United States alone there are more than 200,000 people hospitalized from flu complications and more than 36,000 deaths. Being protected against the flu is important to everyone's health as well as keeping employees, students, international travelers, the elderly and young children safe. This acute, highly contagious disease can present itself one (1) day before symptoms begin and up to five (5) days after becoming sick. That means you can pass on the flu to someone else before you know you are sick as well as while you are sick.

The best way to avoid the flu is by getting a flu shot each year. Optimum immunization in the United States is from mid-September through early January. Influenza is prevalent in tropical areas throughout the year. Therefore, flu immunization should be updated prior to any tropical or Southern Hemisphere travel. About two weeks after vaccination, antibodies develop that protect against the virus. Flu vaccines will not protect against flu like illnesses caused by non-influenza viruses. It is also important to note that you cannot get the flu by being vaccinated, as it is not a live virus vaccine.

On-Site Flu Clinics

As the largest provider of travel medical services in the nation, the flu vaccine is a natural service offering to our patients, corporate clients, schools, and church groups.