



County of Henrico, Virginia

Interoffice Memorandum

TO: Agency Head and Key Officials

SUBJECT: 2004 Flu Vaccinations

FROM: Regan Morgan, RN, MS, FNP
Employee Health Services

DATE: September 29, 2004

The flu season is upon us again. Attached is the schedule for Employee Flu Vaccination Clinics for 2004. Please post the schedule in an area where a majority of your employees will have access to it; feel free to copy it as needed. The vaccine is available to all General Government employees for a cost of \$12.

The flu can cause a variety of symptoms including fever, cough, sore throat, headache, chills, malaise, and muscle aches. Most people are sick with the flu for only a few days, although the cough and malaise can continue for >2 weeks. Anyone can get the flu, and the single best way to prevent it is to get vaccinated each fall. Protection develops about 2 weeks after getting the shot and can last for up to a year. Each year the influenza vaccine is reformulated to protect against what is expected to be the most infectious strains of the flu for that flu season, so it is imperative to get your shot every year. Since the flu shot contains killed virus, it is impossible to get the flu from the vaccine.

Who shouldn't get the flu shot? If you are allergic to eggs (used in making the vaccine), or have had a severe reaction to the flu shot in the past, you should not get the injection.

To help protect you from the flu, call Employee Health Services at 501-4550 to schedule your vaccination appointment.



Flu Prevention



Please call

Employee Health Services

at 501-4550

to schedule your appointment

DAY	DATE	TIME
Monday	October 25, 2004	1:30 pm – 4:00 pm
Tuesday	October 26, 2004	1:30 pm – 4:00 pm
Wednesday	October 27, 2004	1:30 pm – 4:00 pm
Thursday	October 28, 2004	9:00 am – 4:00 pm
Friday	October 29, 2004	1:30 pm – 4:00 pm
Monday	November 1, 2004	1:30 pm – 4:00 pm
Wednesday	November 3, 2004	1:30 pm – 4:00 pm
Thursday	November 4, 2004	9:00 am – 12:00 pm
Friday	November 5, 2004	1:30 pm – 4:00 pm
Monday	November 8, 2004	1:30 pm – 4:00 pm
Tuesday	November 9, 2004	1:30 pm – 4:00 pm
Friday	November 12, 2004	1:30 pm – 4:00 pm