Two-Minute Tuesday Video Script: What You Gotta Know about Flu & You
http://www.pinellascounty.org/hr/two/videos/flu/flu.html

Slide 1
Welcome to Two-Minute Tuesday. I’m your nurse, Amy Hertog. Our topic today is common misconceptions about the Flu.

Slide 2
There are two reasons you need a flu shot each year. One is that flu viruses change over time. This means last year’s shot may not protect you from this year’s illness. The other is that your body’s immune response from vaccination declines over time so an annual vaccination is needed for optimal protection.

Slide 3
You may not have gotten the flu before but you could get it this year. Getting a flu shot protects not just you – but other people that you could pass the flu on to. This includes your family, your co-workers, and anyone else in your life, especially those who are at high risk for complications. It’s recommended that everyone over 6 months old get a flu vaccine.

Slide 4
If you get the flu, you can pass the virus to others beginning 1 day before symptoms develop and up to 5-7 days after symptoms develop … and children may pass the virus on for even longer than 7 days.

Slide 5
The vaccine is created by growing a virus inside eggs which is why you may be not be able to get the vaccination if you are allergic to eggs. Each year’s vaccine contains the specific strains of flu virus that are predicted to be the most prevalent.

Slide 6
The vaccine works by making your body create antibodies that fight off infection if you come into contact with the live flu virus.

Slide 7
It takes about two weeks for your body to develop antigens to the flu after getting the shot.

Slide 8
A flu shot cannot cause flu illness. The flu shot is made with an inactive virus that is not infectious.

Slide 9
Unfortunately the flu vaccine is not 100% effective, but flu vaccines are the best way to avoid getting the flu. If you do catch the flu despite getting the shot, you will likely have a milder case.

Slide 10
The best time to get a flu vaccine is before flu season starts which is usually in October. We suggest you get vaccinated as soon as this year’s flu vaccine becomes widely available. This gives your body a chance to build up immunity before flu season peaks in the winter.
Some people think flu is similar to a bad cold. Actually flu can kill you! Last year, there were over 10,000 flu and pneumonia-related deaths in Florida. Pneumonia is a frequent complication, particularly for children, older adults, pregnant women and those with weakened immune systems.

FREE flu shots are available for County group health plan members at your network physician’s office or a local Walgreens or CVS clinic.

For more information, visit the Centers for Disease Control website at www.cdc.gov/flu

Thanks for tuning in to Two-Minute Tuesday. To subscribe or watch previous episodes, visit us online.