

Flu Prevention in Your Healthy Arizona Worksite

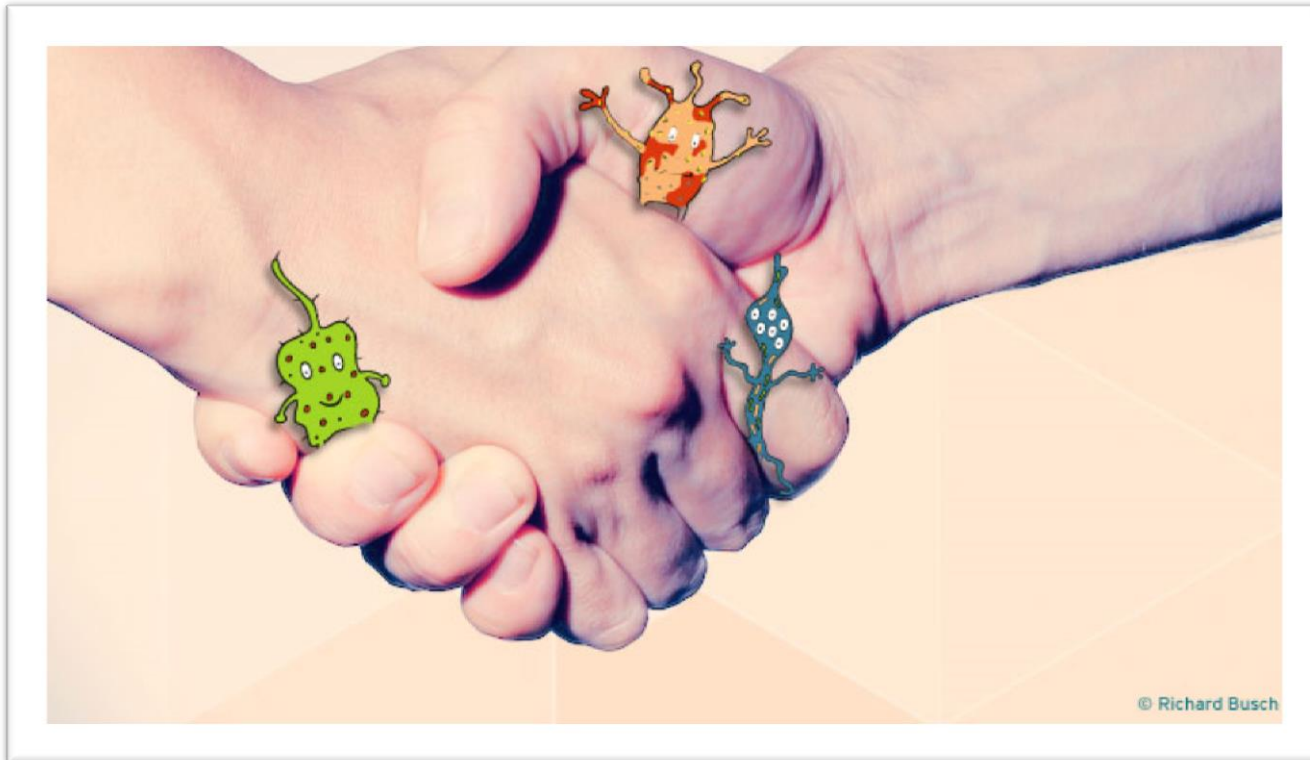
The Arizona Partnership for Immunization



Office of Community Health Nursing
WeArePublicHealth.org

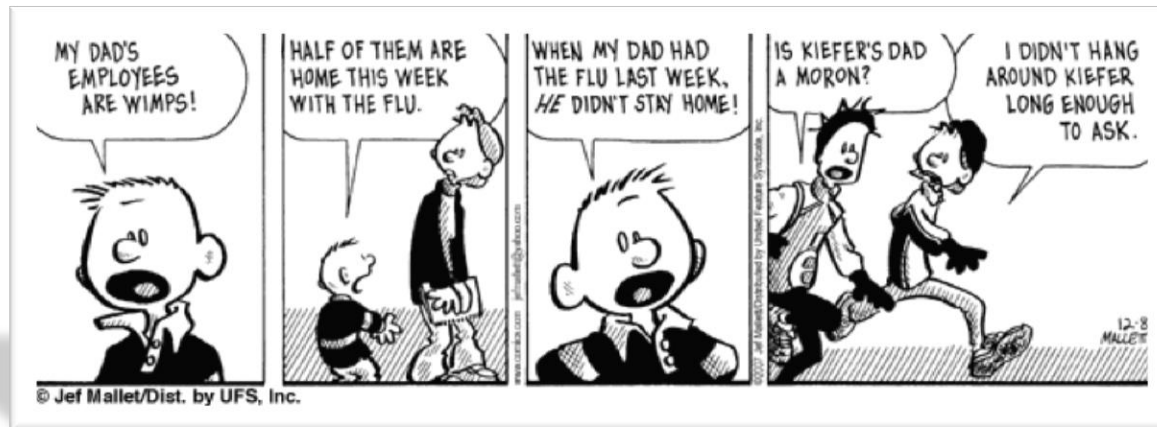


Introductions



Goals

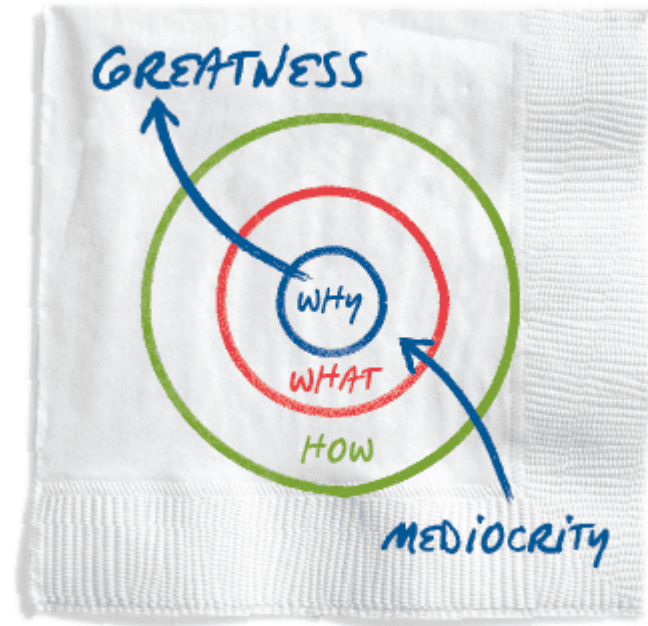
- Answer your questions
- Describe “business benefits”
- Convince you to give flu the respect it deserves!



Starting with the Why

*Start with the Why:
How Great Leaders
Inspire Everyone to
Take Action*

Simon Sinek (2009)



We thought your WHY might be



Why the scary video?

- Flu is pretty scary
- Healthy people get the flu
- Healthy people get seriously sick from flu
- Convince you to give flu the respect it deserves!





Influenza can make anyone sick



Including healthy employees critical to business continuity.
During the 2013-2014 season, for example:

**ADULTS 18-64 YEARS
OF AGE ACCOUNTED
FOR ALMOST**

60%

of reported flu hospitalizations



CDC FluView Interactive



Influenza can make anyone sick



Including healthy employees critical to business continuity.
During the 2013-2014 season, for example:

**ADULTS 18-64 YEARS
OF AGE ACCOUNTED
FOR ALMOST**

60%

of reported flu hospitalizations



CDC FluView Interactive

\$10.4 billion/ year
in direct medical
expenses

Influenza can make anyone sick

Including healthy employees critical to business continuity.
During the 2013-2014 season, for example:

ADULTS 18-64 YEARS OF AGE ACCOUNTED FOR ALMOST 60%
of reported flu hospitalizations

CDC FluView Interactive

\$10.4 billion/ year in direct medical expenses

\$16.3 billion in lost earnings annually

Molinari NA, et al. Vaccine 25 (2007)

Mission

We foster community wellness and advocate for good public policy and best immunization practices.

Role in the Flu System

Community education, Resources

All About Flu

What am I Talking About?

- What's the big deal with flu?
- How good is the vaccine?
- The principle of herd immunity
- How to protect the most vulnerable

Influenza

Etiology

- Virus
- Transmission: Contaminated respiratory droplets
- Incubation period: 1-4 days

Complications

- Bronchitis, pneumonia, worsening of chronic health conditions, death



A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

| | | |
|-----------------------------|--------------------|---------------------------------|
| Low or none | FEVER | High |
| Sometimes | HEADACHE | Very common |
| Stuffy, runny | NOSE | Stuffy, runny |
| Very common | SNEEZING | Sometimes |
| Mild, hacking | COUGH | Severe |
| Slight | ACHES/PAINS | Severe |
| Mild | FATIGUE | Can last for several weeks |
| Sore | THROAT | Sometimes sore |
| Normal, may feel sluggish | ENERGY | Extreme exhaustion |
| Symptoms can last 7-10 days | DURATION | Symptoms can last several weeks |

www.marshfieldclinic.org

Flu is nothing to Sneeze at...

- Infection rate 5 - 20%
- Actually higher? Up to 77% asymptomatic
- Work days lost Up to 111M (\$7 Billion)
- Hospitalizations > 200,000
- Deaths 3,000 - 49,000
- Cost \$27 – \$87 Billion

It has been estimated that **each year in the United States**, flu results in:

the **benefits** of **flu vaccination** 2014-2015

The estimated number of influenza-associated **illnesses prevented** by flu vaccination during the 2014-2015 season:

1.9 million



greater than the population of the city of Philadelphia

The estimated number of flu-associated **medical visits prevented** by vaccination during the 2014-2015 season:

966,000



as many people as can fit in Manhattan's Times Square

The estimated number of flu **hospitalizations prevented** during the 2014-2015 season:

67,000



as many people as Seattle's Seahawks stadium can seat

get **vaccinated**



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

DATA: www.cdc.gov/flu/about/disease/2014-15.htm
Morbidity and Mortality Weekly Report (MMWR), October 4–November 28, 2015: Vol. 64, No. 48
NClRDig-529 | 12.10.2015

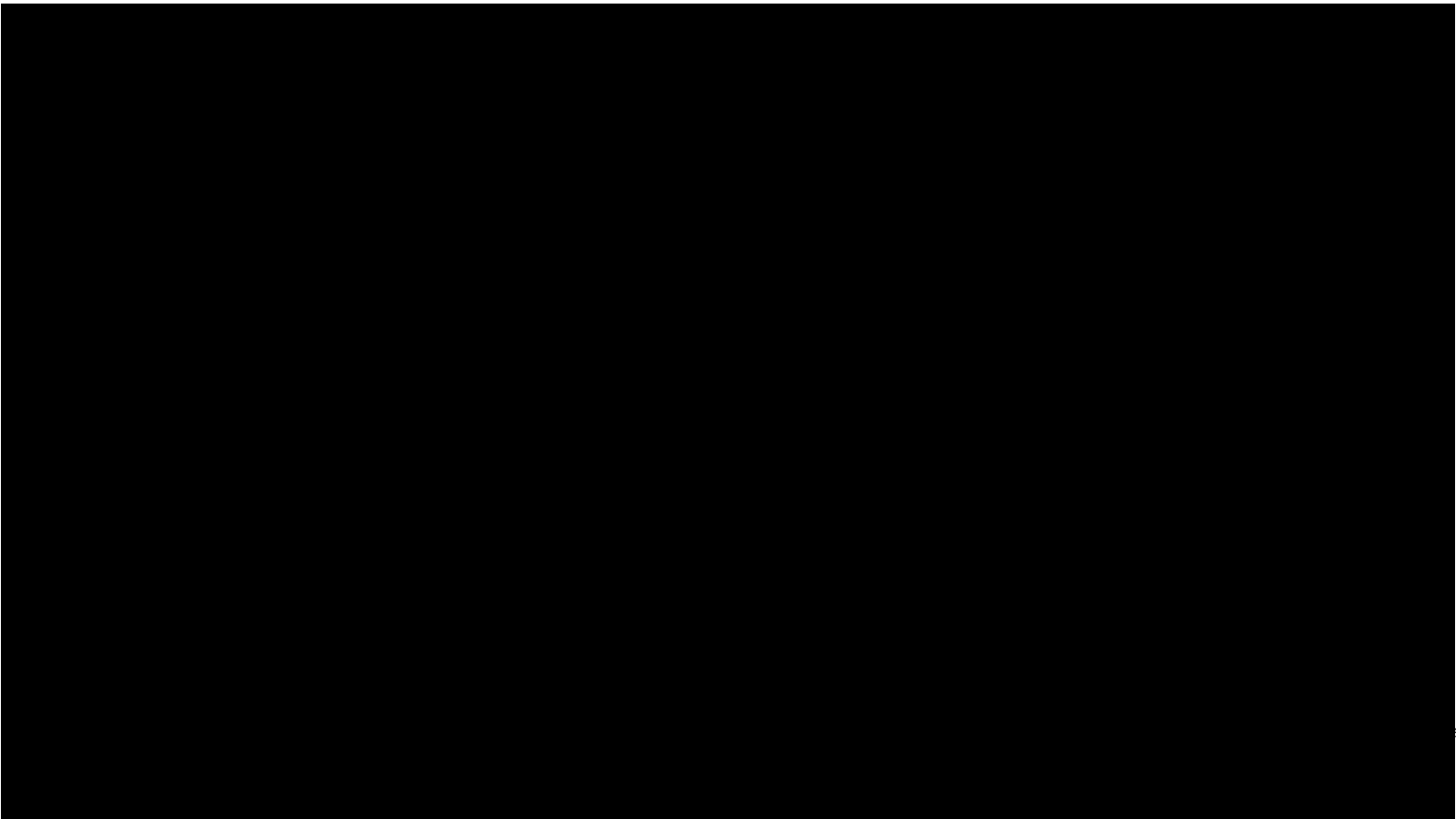
www.cdc.gov/flu

*Annual motor vehicle deaths:
33,783, for comparison

CDC, MMWR 59 2010 (30-YEAR RANGE)

Herd Immunity

AKA: Community Immunity, Cocooning



Cocooning

Cocooning is a vaccination strategy that encompasses full protection for infants by vaccinating all persons who come in contact with them.

Under the strategy of cocooning, which of the following groups should be vaccinated?

- Parents
- Pets
- Healthcare workers
- Siblings
- Child care workers
- Family friends
- Grandparents

Vaccine Effectiveness by Age

| Age Group | % Effective against lab-confirmed flu |
|-----------------|---------------------------------------|
| 6 mo. – 17 yrs. | 67% |
| 18 – 49 yrs. | 60% |
| 50 – 64 yrs. | 60% |
| ≥ 65 yrs. | 52% |
| Overall | 61% |

But better rates at preventing consequences in high-risk

Decreases in Hospitalizations

- 77% among ≥ 50 yrs in 2011-12;
- 61% among ≥ 50 yrs over 3 flu seasons;
- 79% among persons with diabetes;
- 52% among persons with lung disease;
- 92% among infants (whose moms were vaccinated during pregnancy).

Other benefits for High-Risk

- Decreased cardiac events
- Subjectively milder illness
- Decreased ICU admissions
- Decreased asthma exacerbations

True or False?

The flu shot can give you the flu.

False!!!!!!

The flu shot is made up of pieces of flu virus particles that cannot cause illness. Sometimes when your body responds to a vaccine you feel a little run down for a day or two. That is really just your immune system working not symptoms of a disease.

But what about side effects?

Nichol, NEJM, 1995

Margolis, JAMA, 1990

| | Vaccine | Placebo | Vaccine | Placebo |
|----------|---------|---------|---------|---------|
| Fever | 6.2% | 6.1% | 5.7 | 4.2 |
| Fatigue | 18.9 | 19.4 | 8.0 | 7.7 |
| Malaise | 16.0 | 17.5 | 7.2 | 6.3 |
| Myalgia | 6.2 | 5.7 | 4.8 | 4.2 |
| Headache | 10.8 | 14.4 | 6.9 | 7.6 |
| Sore arm | 63.8 | 24.1 | 20.1 | 4.9 |

But what about side effects?

Nichol, NEJM, 1995

Margolis, JAMA, 1990

| | Vaccine | Placebo | Vaccine | Placebo |
|-----------------|-------------|-------------|-------------|------------|
| Fever | 6.2% | 6.1% | 5.7 | 4.2 |
| Fatigue | 18.9 | 19.4 | 8.0 | 7.7 |
| Malaise | 16.0 | 17.5 | 7.2 | 6.3 |
| Myalgia | 6.2 | 5.7 | 4.8 | 4.2 |
| Headache | 10.8 | 14.4 | 6.9 | 7.6 |
| Sore arm | 63.8 | 24.1 | 20.1 | 4.9 |

Options

Inactivated Quadrivalent

- 2 Influenza A and B viruses.
 - Injection (6months & older)
 - Intradermal (18 – 64 yrs)

Inactivated Trivalent

- 2 Influenza A viruses and 1 B virus.
 - Injection (6months & older)
 - High Dose (≥ 65 yrs)
 - Adjuvant (≥ 65 yrs)
 - Recombinant , Egg-Free (≥ 18 yrs)

Confused???

Do not delay getting immunized!!!!

The important thing is to get vaccinated
against Influenza.

What is your Flu IQ?

What **illness**
costs businesses
around **\$10 billion**
in **employee medical**
visits every year?



Getting vaccinated against the flu not only reduces absenteeism but also reduces presenteeism*.

The result of presenteeism includes:

- A.** Employees continue to work while sick
- B.** Reduced productivity, same labor costs
- C.** Chance of infecting other co-workers
- D:** All of the above

** Presenteeism is defined as attending work while sick*



D: All of the above

Getting vaccinated against the flu not only reduces absenteeism but also reduces presenteeism.

Presenteeism results in **employees continuing to work while sick, reduced productivity and increasing the chance of infecting co-workers.**

According to the New England Journal of Medicine, flu vaccine reduces the risk of illness in healthy people by 70-90 percent.
This converts to:

- A.** 22 fewer lost days per 100 employees
- B.** 74 fewer lost days per 100 employees
- C.** 53 fewer lost days per 100 employees
- D:** 82 fewer lost days per 100 employees



B: 74 fewer lost days per 100 employees

According to the New England Journal of Medicine, flu vaccine reduces the risk of illness in healthy people by 70-90 percent. This converts to **74** fewer lost days per 100 employees.

A study in the Journal of Occupational & Environmental Medicine said that of those immunized at work, 84 percent said they took part because it was free, 80 percent because it was convenient, and what percent to avoid absenteeism?

A. 70

B. 50

C. 82

D: 10



C: 82

A study in the Journal of Occupational & Environmental Medicine said that of those immunized at work, 84 percent said they took part because it was free, 80 percent because it was convenient, and **82** percent to avoid absenteeism.

According to a Walgreens Survey, what percentage of workers went to work with flu symptoms?

A. 25

B. 80

C. 50

D: 30



B: 80

According to a Walgreens Survey, **80** percent of workers went to work with flu symptoms.

A CDC study looking at children under the age of 5 found that parents who had a child with the flu missed between ___ and ___ hours of work, depending on whether their child was able to recover at home or was hospitalized.

A. 4 and 82

B. 11 and 73

C. 23 and 111

D: 1 and 21



B: 11 and 73

A CDC study looking at children under the age of 5 found that parents who had a child with the flu missed between **11** and **73** hours of work, depending on whether their child was able to recover at home or was hospitalized.

What can you do?

DON'T GET THE FLU. DON'T GIVE THE FLU.
I got my flu vaccine to protect my coworkers.

tapi The Arizona Partnership for Immunization
WhyImmunize.org

Arizona Department of Health Services

Maricopa County Public Health
WeArePublicHealth.org

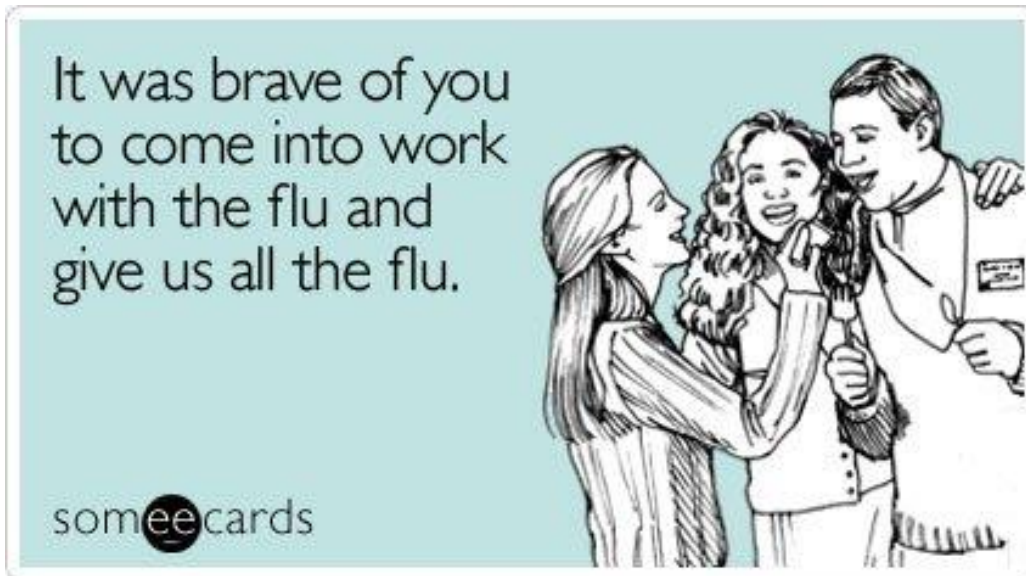
What can you do?

- Host vaccination clinic
- Communicate importance
 - Newsletters
 - Emails
 - Paycheck inserts
- Peer-to-Peer influence
- Promote **hand-washing**
- Anti-bacterial stations



What can you do?

Create the culture of **STAYING HOME** when sick



www.WhyImmunize.org

whyimmunize.org

602.288.7568
CDC en Español

ABOUT US ▾ WHY IMMUNIZE VACCINES ▾ INFO FOR ▾ FREE MATERIALS EVENTS FAQs CONTACT

ADULTS NEED VACCINES TOO!

Vaccines aren't just for kids.
Adults need vaccines too!

Protect yourself and your loved ones by
making sure you are up to date on
your vaccines.