

INTRODUCING

The *Prevention Works* campaign is designed to engage, educate and empower our employees to better utilize the extensive benefits available to you as a Larimer County employee designed to detect, reduce and manage chronic disease conditions.

In October, our focus is...

FLU SHOTS & IMMUNIZATIONS

Getting vaccinated not only protects you, but your loved ones around you.

The Larimer County Medical Plan covers Flu Vaccinations at 100% with an in-network provider.

IMMUNIZATION RECOMMENDATIONS

Click below to learn more about recommended immunizations:

- [For Kids](#)
- [For Adults](#)

NEXT MONTH'S FOCUS: MENTAL & EMOTIONAL WELL-BEING

DID YOU KNOW?

- Recent Studies have shown that receiving a flu vaccination reduces your chances of flu illness by 40% to 60%.
- In 2016 there were more than 12,000 reported deaths from the flu, according to the CDC.
- Antibiotics do not help with viral infections, and can cause more harm than good.

BUILD YOUR DEFENSE AGAINST COLDS AND FLU:

Get a flu vaccination every year, as soon as it becomes available.	Wash your hands thoroughly and frequently with soap and water, especially in public places. If soap and water are not available, use an alcohol based hand rub.	Get enough sleep and rest every day.	Keep your distance from sick people, crowds, smoke, and irritants.	If you share a telephone with others, wipe the speaker clean daily and avoid touching your eyes, nose, and mouth.	Eat a healthy diet with a variety of foods and drink plenty of water each day.

ONSITE IMMUNIZATIONS

- 10 Onsite Flu Vaccination Clinics for Larimer County employees/family will be held this year!** 8 of the clinics require ONLINE registration, 2 of the clinics are walk-in only. For more information on clinic dates, times, cost, vaccination details and registration information, [click here](#).
- Please bring your Insurance ID card.**
- Employees, spouses, and dependents over the age of 9 may receive a vaccine at these onsite clinics.
- Additional vaccines offered:** Tdap (Tetanus, Diphtheria and Pertussis- 11 yrs and older) and Pneumococcal (65 yrs and older. Possibly younger with pharmacist review)

The estimated number of flu illnesses prevented by the flu vaccination during the 2015-2016 season:

5 MILLION

As many people who travel through Denver International Airport in one month.



Adults can be protected from the following deadly diseases:

Hepatitis A Shingles Hepatitis B Whooping Cough Mumps	Tetanus Pneumococcal Disease Influenza (Flu) Measles Diphtheria	Meningococcal Disease Chickenpox Rubella HPV
---	---	---

WHAT ARE THE RISKS?

- Up to a month of missed work or school days.
- Millions of hospitalizations and hundreds of thousands of deaths.
- Spreading diseases to the most vulnerable - children and older adults.
- Tens of thousands of chronic illnesses and permanent disabilities.