

# FIGHT FLU

Get your family vaccinated against flu this season. It's the best way to protect you and your loved ones from getting sick.

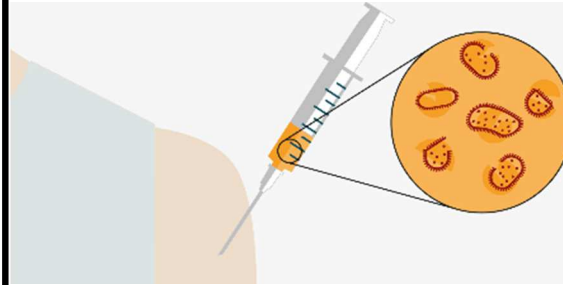


www

## Flu Vaccination

# How do vaccines work?

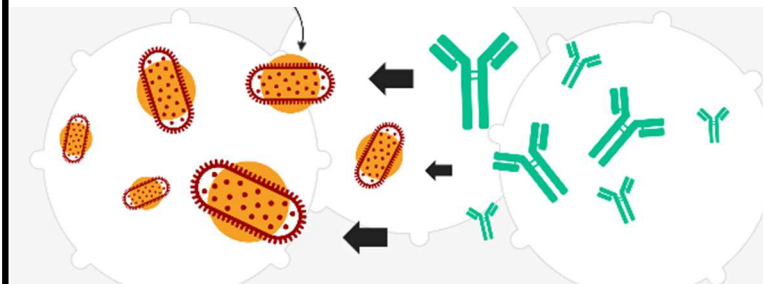
Weakened or dead virus is injected into the patient



White blood cells are triggered to produce antibodies to fight the disease



If the patient encounters the disease later, antibodies are able to fight it



BBC

Isn't the flu just  
a bad cold?

- Nope-there are more serious complications including
  - Pneumonia
  - Higher rates of a bacterial infection
  - Hospitalization
  - Death
- High cost-estimated over 10 billion dollar impact on the economy

# Dialysis Patients are High Risk

Higher rates of  
Hospitalization

Higher risk of  
death

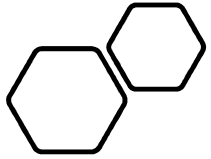
## Risk of Death

Estimated that every  
year 1100 dialysis  
patients die from an  
Influenza-like-Illness

<https://jasn.asnjournals.org/content/30/2/346>

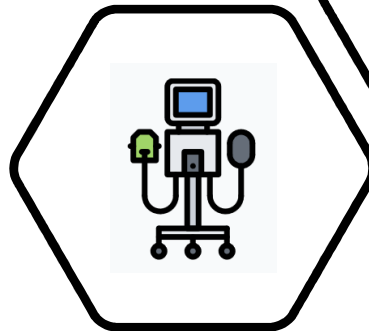
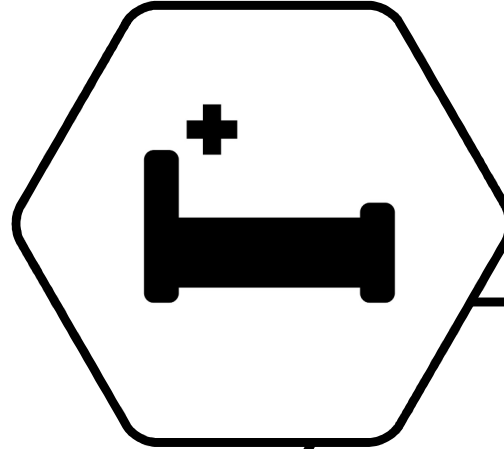


And that was Pre-Covid



## What will be different with COVID?

- Fewer Hospital Beds
- Fewer ICU Beds
- Fewer ventilators



## Vaccination rates could also suffer with Covid



- Fewer walk-in flu clinics
- Fewer school-based flu vaccines given
- You can't get it from Amazon (fewer people shopping)



**ABOUT**

**40%**

**ON AVERAGE FLU VACCINES  
HAVE REDUCED THE RISK OF FLU  
HOSPITALIZATIONS AMONG  
ADULTS BY ABOUT 40%.**

**#FIGHT FLU**



If we do our job vaccinating patients  
we will reduce hospitalizations by 40%  
and make that many more bed and  
ventilators available

# Health Care System Readiness

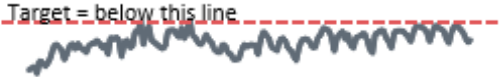
- In King County we are now keeping track of hospital bed and ICU beds

How many beds are occupied in our hospitals?

Percent of beds occupied across hospitals in King County.

≤80%

74%

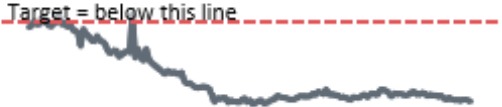


What proportion of hospital beds are filled with COVID-19 patients?

Percent of King County hospital beds serving COVID patients.

≤10%

2%



<https://www.kingcounty.gov/depts/health/covid-19/data/key-indicators.aspx>

# Are there people who shouldn't get the Vaccine?

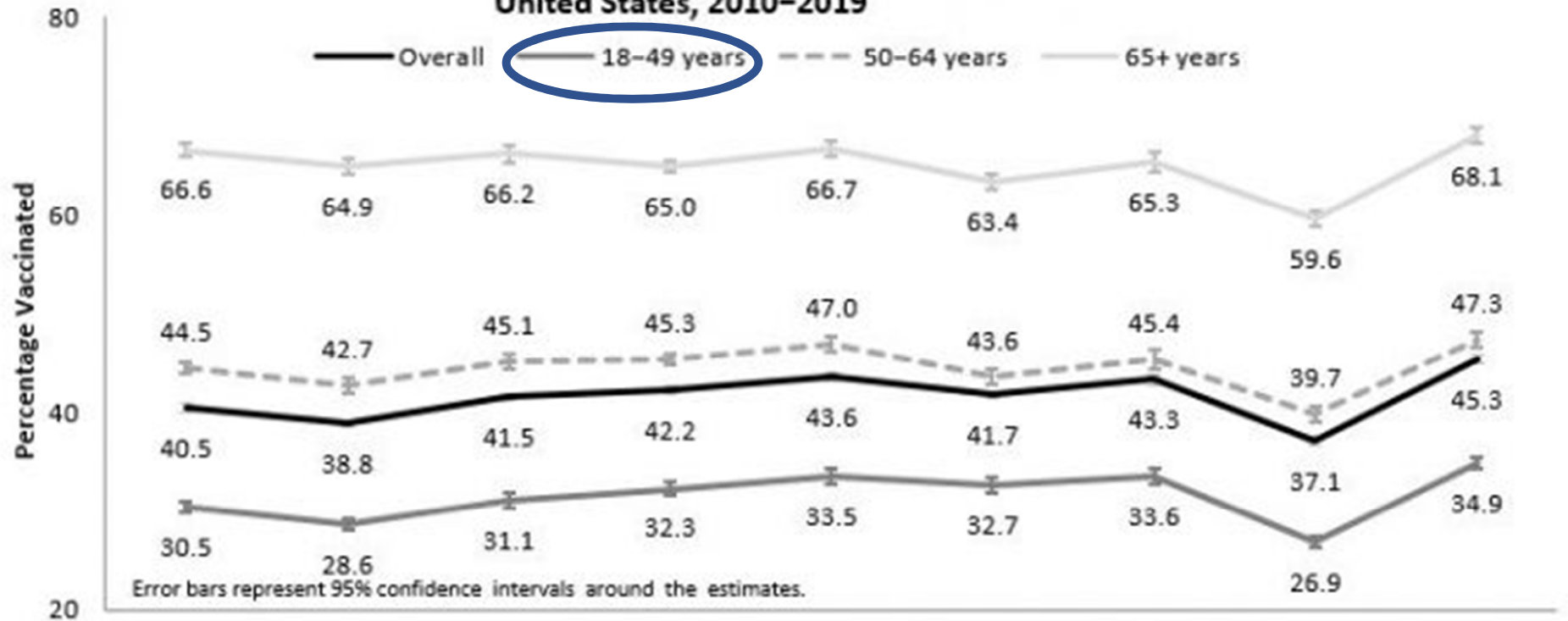
## People who **SHOULD NOT** get the flu shot

- Children younger than 6 months of age are too young to get a flu shot.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. See special considerations regarding egg allergy for more information about egg allergies and flu vaccine.

## Who should talk to their Doctor First?

- If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your doctor about your allergy.
- If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get a flu vaccine. Talk to your doctor about your GBS history.
- If you are not feeling well, talk to your doctor about your symptoms (patients with mild symptoms should be vaccinated)

**Figure 3. Flu Vaccination Coverage of Adults 18 years and older, United States, 2010–2019**



How are we doing vaccinating?

<https://www.cdc.gov/flu/fluview/coverage-1819estimates.htm#figure1>

# Myths about the flu vaccine

- The vaccine will give me the flu

**FACT:** It's inactivated and won't give you the flu

- Vaccines aren't very effective

**FACT:** Reduces the risk of flu by ~60%

- I should wait to get the vaccine so it lasts

**FACT:** CDC recommends getting the flu vaccine as soon as it's available

- Vaccines cause autism

**FACT:** No, what more can I say? Research has been removed

- I never get the flu

**FACT:** That's great, but getting the flu shot is about more than just you. It's about protecting others. People can shed the flu virus 24-48 hours before symptoms arise

# How can you help?

## Get Vaccinated!

## Vaccinate your patients

- Document if they were vaccinated outside of NKC

## Encourage your friends/family to be vaccinated

- Remember ages 18-49 have the lowest vaccination rates
- Every person who is vaccinated helps keep our most vulnerable safe and hospital beds available

## Be a myth buster!

- Ask questions if you aren't confident in why you and everyone you know should be vaccinated





Questions?