

YOU AND THE FLU



OneTGH
EMPLOYER
SOLUTIONS

Influenza Vaccination Awareness



Approximately 8% (1 in 12) of the US population gets sick with symptomatic flu each year.



Children aged 0-17 are more than twice as likely as adults 65 and older to get symptomatic flu.



Onset of symptoms is approximately 2 days post-exposure.



Populations at high risk for flu-related complications include:

- Those aged 65 and older
- Pregnant women
- Children younger than 5 years old
- People of all ages with specific chronic medical conditions (i.e., asthma, diabetes, heart disease)

COVID-19 and Influenza:

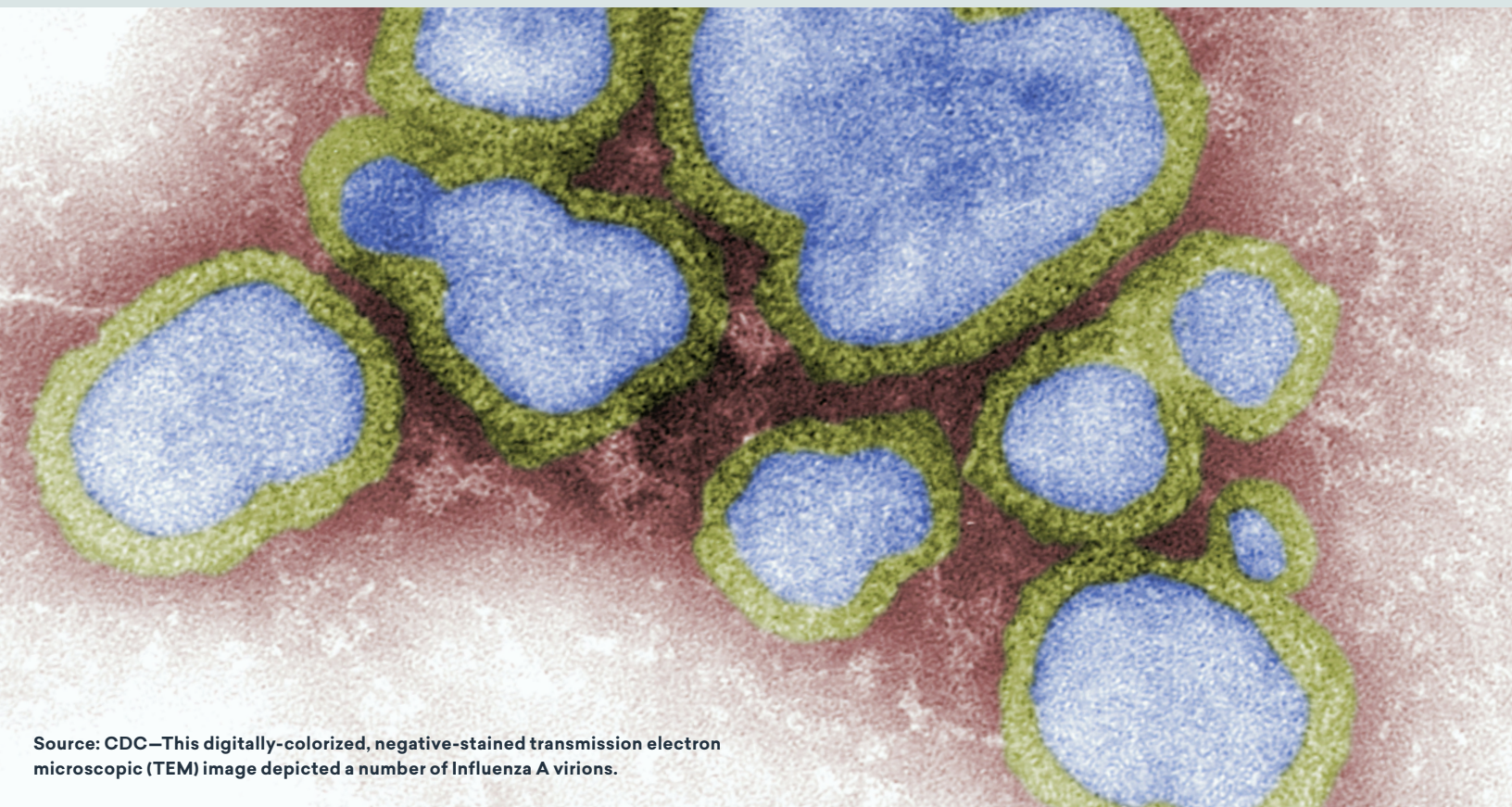
- Common symptoms include: fever, cough, shortness of breath, fatigue, sore throat, runny/stuffy nose, muscle pain, and headache
- Flu: contagious up to 7 days / COVID-19: contagious up to 10 days on average
- FDA-approved vaccines are available for flu and COVID-19. Both can be taken at the same time if a patient is eligible



**Get your flu
shots now!**

If diagnosed with flu symptoms,
schedule your appointment at [TGMG](#)
or [TGH Urgent Care by Fast Track](#).

**Schedule flu shots at your workplace
with our OneTGH on-site team!**



Source: CDC—This digitally-colored, negative-stained transmission electron microscopic (TEM) image depicted a number of Influenza A virions.

**Contact us to learn more about how OneTGH
can re-energize and engage your team:**

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[TGH.org/OneTGH](https://www.tgh.org/onetgh)

