LEADING BY EXAMPLE

An NFID Commitment to Influenza Prevention

Keeping our communities healthy from influenza every season requires a commitment to prevention by all. **Influenza vaccination is recommended by the Centers for Disease Control and Prevention (CDC) for all individuals age 6 months and older.** Annual vaccination is the most effective way to keep people from getting sick from influenza and can help prevent spreading the virus to family, friends, and others throughout the community. The **National Foundation for Infectious Diseases (NFID)** calls on community leaders to do their part and make flu prevention a health priority for all.

NFID challenges:

- **Healthcare Professionals:** to demonstrate the importance of influenza vaccination by getting vaccinated themselves **and** by recommending the vaccine to each and every one of their patients and their staff.
- **Employers:** to keep employees productive and healthy by encouraging vaccination by either offering the vaccine on-site in the workplace or displaying information on vaccination locations in the community.
- **School Administrators:** to keep children healthy and in school, and help prevent the spread of disease by either supporting school-located vaccine clinics or encouraging parents, students, and staff members to be vaccinated.
- **Insurers:** to promote prevention to their members by sharing information about influenza and providing resources on convenient locations to be vaccinated and by encouraging employers to promote vaccination to their employees.
- **Legislators:** to advocate for preventive health in their communities by making vaccination clinics a priority and to demonstrate their support by being vaccinated themselves.

NFID also calls on every individual to make influenza vaccination their responsibility to protect themselves and those around them every flu season. This especially includes:

- **Pregnant Women** who are at an increased risk of developing complications from influenza, but can help protect themselves, their developing babies, and newborns by receiving the vaccine.
- **Children** who are efficient carriers of flu virus as they can spread the disease before they show symptoms; children younger than 5 years old may be at increased risk of developing complications from influenza.
- **Parents and Caregivers** who may have close contact with people who are at greater risk for the flu, including those with chronic medical conditions or compromised immunity and newborns.
- **Older Adults (65+)** who are at an increased risk of developing complications from influenza.
- **Individuals with Chronic Conditions** such as asthma, diabetes, and cardiovascular disease, who are at an increased risk of developing complications from influenza even if their condition iswell managed.