Benefits Administration

Flu Vaccination Program

According to the Centers for Disease Control and Prevention, an average of 5% to 20% of the population gets the flu each year. That means that up to 20% of our workforce could be out during flu season.

**It's a Fact**
Did you know that you can be out of commission because of the flu from two to seven days, with cough and fatigue lasting several weeks? Many of us won't take time to arrange a flu shot, so Mercer provides on-site vaccinations to help keep our workforce healthy.

**On-site Flu Shot Program** To take advantage of this convenient, low-cost service and protect your family from the flu, simply wait for the email each year notifying employees of the dates or call x2699 for more information.

**Key Facts about the Flu**
Read important facts about the flu - such as when to get vaccinated, who should get vaccinated and other key information - provided by the Centers for Disease Control and Prevention.

**Flu Prevention Tips**
Practice these tips from the Centers for Disease Control and Prevention to help you stay healthy this flu season.

- **Cover your nose and mouth** with a tissue when you cough or sneeze, then throw the tissue away after you use it.

- **Wash your hands often with soap and water** to protect you from germs and to avoid spreading germs if you are sick. If soap and water are unavailable, use an alcohol-based hand cleaner.

- **When possible, avoid people who are sick.**

- **If you get the flu, stay home from work or school.** This helps prevent the spread of illness to others.

- **Try not to touch your eyes, nose or mouth.** Germs often spread this way.

- **Practice good health habits.** Get plenty of sleep and exercise, drink lots of fluids, eat well and manage stress.