



## MyFluVaccine Update

To: Valued FFF Customer  
From: FFF Enterprises  
Date: Friday, November 11, 2016

(800) 843-7477

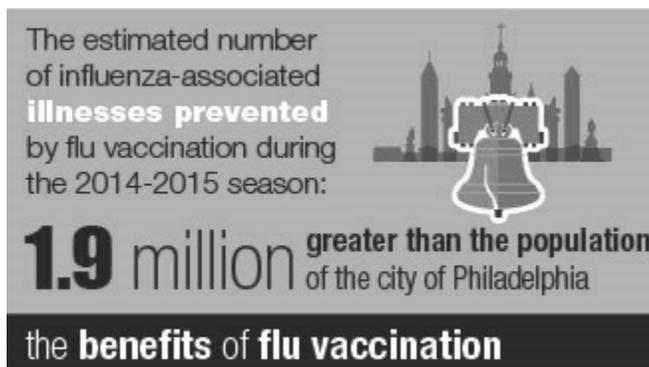
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### How Effective is the Flu Vaccine?

Dear Valued Customer,

According to the Centers for Disease Control and Prevention (CDC), the single most effective way to prevent contracting and spreading the flu, is to get vaccinated each year. Over past flu seasons, estimated influenza-associated deaths ranged from approximately 3,300 to 49,000. Yet, each year, many people choose not to get vaccinated.<sup>1,2</sup>

Preventing the flu by way of vaccination has proven to be highly effective. The CDC reports that "during the 2012-2013 flu season, 45 percent of the U.S. population got vaccinated, helping to prevent an estimated 6.6 million flu-related illnesses, 3.2 million flu-related medical visits and 79,000 hospitalizations." In the workplace, employers can play an important role in preventing the flu by educating employees on the importance of getting a flu vaccine, and hosting flu clinics. A flu-free staff will not only protect employees' health, but will reduce loss in productivity and revenue.<sup>3</sup>



So, what should you do if you contract the flu? The CDC recommends that you stay home for at least 24 hours after your fever is gone, and to also limit contact with others as much as possible to prevent the spread of the disease. If you need to leave home, it is recommended to wear a facemask if you have one, or cover coughs and sneezes with a tissue. It is also important to wash your hands often to avoid spreading the flu to others.<sup>4</sup>

As long as the flu is circulating, it's not too late to get vaccinated. However, keep in mind that the vaccine typically takes two weeks for antibodies to develop and begin protecting the body from the virus, so it is recommended to get the vaccine before the disease spreads to your community. If you haven't gotten a flu vaccine this season, talk to your healthcare provider today. If you're an employer, consider hosting a flu clinic for your employees. Together, we can stop the flu dead in its tracks.

### 2016-2017 Flu Vaccines Available for Immediate Delivery

FFF's influenza vaccines for the **2016-2017** flu season are **available for immediate delivery!**

Flu Vaccine	Availability
Fluarix Quad 0.5 mL PFS	Immediately
Flucelvax Quad 0.5 mL PFS	Immediately
Fluzone Quad 5 mL MDV	Immediately
Fluzone Pediatric Quad 0.25 mL PFS	Immediately

If you have difficulties or questions about this message or want to be removed from this mailing list, please email Michelle Valenzuela at [mvalenzuela@fffenterprises.com](mailto:mvalenzuela@fffenterprises.com) or call at 800-843-7477 or send a fax with the fax number you want removed to 951-699-9655.

Flublok 0.5 mL SDV	Immediately
FluMist Quad 0.2 mL Intranasal	Immediately
Fluad 0.5 mL PFS	Immediately
Afluria 0.5 mL PFS	Immediately
Fluzone Quad 0.5 mL PFS	Immediately
Fluzone HD 0.5 mL PFS	Immediately
Fluzone ID Quad 0.1 mL PFS	Immediately
FluLaval Quad 5 mL MDV	Immediately

## Be Prepared This Season

With [MyFluVaccine.com](http://MyFluVaccine.com), you can select from our comprehensive products portfolio and choose your preferred delivery dates.

If you have any questions or need assistance, please call your FFF representative or Wow! Customer Care at **(800) 843-7477**.

We thank you for your continued trust in FFF to supply your influenza vaccine needs.

Sincerely,

FFF Enterprises

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### Resources

- <sup>1</sup> [www.cdc.gov/flu/about/disease/index.htm](http://www.cdc.gov/flu/about/disease/index.htm)
- <sup>2</sup> [www.cdc.gov/mmwr/volumes/65/rr/rr6505a1.htm](http://www.cdc.gov/mmwr/volumes/65/rr/rr6505a1.htm)
- <sup>3</sup> [www.cdcfoundation.org/businesspulse/flu-prevention-infographic](http://www.cdcfoundation.org/businesspulse/flu-prevention-infographic)
- <sup>4</sup> [www.cdc.gov/flu/takingcare.htm](http://www.cdc.gov/flu/takingcare.htm)

Place your order today for your complimentary 2016-17 seasonal flu resource materials, visit <http://www.fffenterprises.com/resources/order-resources-form.html>

