

Feel Good About Flu Season



FAQ

Flu season is approaching. To help you prepare, ZOLL Medical, Healthy Hearts! Healthy you! has partnered with WebMD Health Services in conjunction with TotalWellness to arrange for complementary onsite flu vaccinations at several work locations. We hope you will take advantage of this opportunity to keep yourself healthy.

Q: Who should get a flu vaccination?

A: According to the CDC, all people 6 months of age and older should get the flu vaccine, including healthy people and people with chronic medical conditions. There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs (they should opt for the vaccine manufactured without the use of eggs).
- People who have had a severe reaction to an influenza vaccination.
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.)
- People with a history of Guillain-Barré Syndrome (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine.

Q: Who is eligible for a flu vaccination?

A: ZOLL Medical employees can receive a free onsite flu vaccination.

Contractors, retirees, and family members should locate a flu vaccine provider in the community.

Q: When can I get my flu vaccination?

A: Onsite flu vaccination clinics will be offered from 9/2/2024-10/31/2024 at various locations. Please note that pre-registration is strongly encouraged as it allows us to prepare for demand, allows for social distancing, and will reduce your wait time. ZOLL Medical is financially responsible for each flu vaccination and pays in advance, so it's important that you show up for your appointment.

Q: How do I pre-register for an onsite flu vaccination?

A: Visit www.webmdhealth.com/ZOLLwellness, locate the ZOLL Wellness tab, and click on the Flu Vaccination Clinic card to be redirected to the scheduling page. If your site has selected paper registration, please see your site contact to register.

B: Visit the registration website at: <https://login.registermytime.com/tw/zollmedical>. You will need to enter your first name and last name, email, and phone number. Provided you enter a valid email address, you will receive a confirmation email and two reminder emails.

Q: What should I wear to get a flu vaccination?

A: Please wear clothing that enables easy access to the upper arm (e.g. short sleeves, loose-fitting shirt or layering with a tank top or undershirt). For men who wear dress shirts and ties, please loosen, or remove tie prior to your appointment. You should be prepared to pull your shoulder out of your shirt, which may require you to unbutton your shirt.

Q: Where are the flu vaccines given?

A: Flu vaccines are administered via intramuscular injection, which means the medication is injected into a muscle, and in this case, the deltoid muscle (the big muscle on your shoulder).

Q: What if I am pregnant?

A: The Centers for Disease Control and Prevention (CDC), the American Congress of Obstetricians and Gynecologists (ACOG), the American College of Nurse-Midwives (ACNM), the American Academy of Pediatrics (AAP), and many other organizations all strongly recommend flu vaccinations for pregnant women. We encourage you talk to your physician about receiving a flu vaccination during your prenatal visits. Flu vaccinations offered at onsite events are thimerosal/preservative free.

Q: Who will administer the flu vaccine?

A: WebMD Health Services partners with TotalWellness to provide flu vaccinations for ZOLL Medical employees.

Q: Why is ZOLL Medical providing flu vaccinations?

A: ZOLL Medical is committed to its employees' health and well-being, prioritizing it as an important companywide initiative. Since up to 20% of Americans get the flu each year and receiving a flu vaccination is the best way to prevent flu infection, ZOLL Medical is offering free onsite flu vaccinations.

Q: What is the flu?

A: Seasonal flu (or influenza) is a respiratory illness caused by a virus that can be transmitted from person to person.

Q: How does the flu spread?

A: Flu generally spreads when an infected person coughs or sneezes, sending infectious droplets of moisture into the air for others to breathe. A person can also catch the flu by touching a surface where those droplets have fallen.

Q: Does the vaccine protect against all strains of the flu?

A: No. There are many different strains of the flu virus, as well as other similar illnesses. Each year the U.S. Public Health Service and the Center for Biologics Evaluation & Research of the U.S. Food and Drug Administration (FDA) select the strains that are most likely to cause illness during the upcoming season.

The 2024-2025 trivalent vaccine for this flu season contains the following virus strains:

- an A/Victoria/4897/2022 (H1N1) pdm09-like virus.
- an A/Thailand/8/2022 (H3N2)-like virus.
- a B/Austria/1359417/2021 (B/Victoria lineage)-like virus.

Q: Is the vaccine preservative free?

A: Onsite: All flu vaccinations provided at onsite work locations by WebMD are preservative free.

Q: Will I get sick from the flu vaccine?

A: The flu vaccine does not contain live viruses, so it cannot "give" you the flu.

Q: Is the flu vaccine safe?

A: The flu vaccine is safe and effective. There are some potential side effects to receiving a flu vaccine, but these are very few and mild. The most common side effect is soreness in the arm where the vaccine was administered. This usually lasts a few days and does not affect the arm function but will cause aching. Some people develop mild body aching and a very low-grade fever for a few days after vaccination.

Q: Do I need a flu vaccine every year?

A: To improve your chances of avoiding the flu, it is recommended to get a flu vaccination every year. Scientists choose strains of the flu virus to include in the vaccine. This decision is based on international surveillance and what they determine will be circulating the following flu season. Antibodies that provide protection against the flu peak about two weeks after vaccination.

Q: What if I have additional questions?

A: Please contact WebMD Health Services with any additional questions 866-513-2506.