

Healthcare Providers...

It's time for your Flu and Tdap shots!



Make sure you and your patients are up-to-date. Don't wait. Vaccinate!

Protect yourself, your family, and your patients against **flu** and **pertussis**. Get your flu and your tetanus, diphtheria, and pertussis (Tdap) shots .

Protect Yourself

Healthcare providers are more likely to get flu and pertussis than other adults. They can easily spread it to patients and family members.

It's important to get a flu and a Tdap shot if:

- You have direct patient contact, especially with infants 12 months and younger babies, they are at the highest risk of hospitalization and death from flu and pertussis.
- You are pregnant— get the flu shot in any trimester of pregnancy and a Tdap shot in your third trimester (with each pregnancy).

Protect Your Family and Patients

You can spread flu or pertussis to your family and patients before you know you're sick. They could become seriously ill and miss work or school.

You are a trusted member of the community. You have a professional and ethical responsibility to prevent the spread of infectious diseases to the population you serve.

Help minimize the impact of flu and pertussis in your practice and in your community by:

- Getting vaccinated.
- Recommending and offering these vaccines.



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HEALTHIER WASHINGTON

**It starts with you...
Get vaccinated!**

Questions?

Visit www.doh.wa.gov/Immunization or call the Washington State Office of Immunization and Child Profile at **1-866-397-0337**.

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