

Fight the Flu



DOING YOUR PART TO BEAT THE FLU

**¡Contiene
versión en
español!**

PROMOTING HEALTH
immunize
nevada
& PREVENTING DISEASE

Protecting Yourself — and Your Neighbors



Immunize Nevada wants you to be part of the solution

BY KATE GONZALES

We all want the best for those around us. While green parks, great schools and plentiful jobs are part of a healthy community, it takes many people and a lot of effort to make these things a reality. But if you could take one simple action today to keep the people in your community safe, healthy and happy, would you do it?

The team at Immunize Nevada hopes the answer is an enthusiastic yes! Since 1995, Immunize Nevada has been working to raise awareness around how one simple thing — immunizations — can prevent disease and lead to better health for everyone in our community. The nonprofit, and its founding coalitions, arose out of concern over the state's historically low immunization rates.

One major focus of Immunize Nevada is to prevent the spread of influenza, which can cause complications leading to hospitalization or worse.

Angela Berg, director of specialty services and nurse practitioner with Children's Specialty Center of Nevada, says people's understanding of the importance of the flu vaccine has come a long way since her childhood — when she was not immunized.

However, there is still work to be done in promoting the flu vaccine.

"There is always a misconception that [the flu is] not too serious," Berg says. "It really is a profoundly serious respiratory virus ... People are unable to even keep their eyes open they're so fatigued with fevers and chills."

Some people are particularly vulnerable to the flu, including very young children, seniors and those with respiratory diseases and compromised immune systems.

"It's critically important for all those folks to be protected," Berg says.

The good news is that protecting against the flu takes one easy, annual vaccine that is accessible and affordable. And for more than two decades, Immunize Nevada has been helping connect the state's residents to flu vaccines.

"If we protect ourselves with immunization, we're protecting those who are more vulnerable around us," Berg says. "So it's not just for yourself."

Continue reading to learn how you can help keep Nevada healthy!

"If we protect ourselves with immunization, we're protecting those who are more vulnerable around us."

ANGELA BERG
Director of Specialty Services,
Children's Specialty Center of Nevada

WE ARE TEAM VACCINE

Immunize Nevada promotes health and prevents disease (and may be able to leap tall buildings in a single bound!)

One of the most meaningful compliments I've ever received was the time a healthcare colleague referred to my team as a bunch of superheroes.

And you know what? She was right.

We don't wear capes. There's no spotlight in the sky telling us where to show up to dramatically save a crowd. But at the end of each day, our work helps people live longer, healthier, safer lives by protecting them through vaccination.

Sounds pretty superhero-ish to me.

The fact is, we can all be superheroes. We all have a community responsibility to ensure we're keeping

ourselves, our children, our seniors and those with compromised immune systems protected from disease. Vaccines can accomplish this, all in one shot!

Unfortunately, about one-third of Nevada's toddlers are missing crucial vaccines; two-thirds of our teens are not protected from HPV-associated cancers, and only a little more than half of our seniors have received a flu vaccine.

Immunize Nevada's bold (but definitely not top secret) mission is to change that and to ensure that people across Nevada can access vaccines, healthcare and other resources they need to stay healthy.

Immunize Nevada is widely recognized as a trusted resource for immunizations and community health. We collaborate with key partners through our community outreach program and serve thousands of Nevadans each month at events throughout the state.

We also support healthcare professionals by offering monthly webinars for continuing education, an annual health conference and resources for physician offices and clinics.

Every day, we challenge some of the long-held misconceptions about immunization. And every day, we see a gentle, upward swing toward a more pro-

vaccine attitude, and our vaccine rates have started to increase.

This is superhero work. We are working daily to help curb the incidence of vaccine-preventable diseases throughout our state. But we can't do it alone.

Join Team Vaccine. We can't promise capes or cool gadgets, but we can promise the knowledge that you're helping save lives, one vaccine at a time.



Heidi Parker is the executive director of Immunize Nevada.

WHY I SUPPORT IMMUNIZE NEVADA



"As a Nevada native and a healthcare professional, the health and wellness of our community is a top priority. Immunize Nevada helps us to meet the goal of a healthier

Nevada and promotes public health principles for allied health professional students through a partnership with Roseman University of Health Sciences — a mutually beneficial relationship."

Dr. Christina Madison
Associate Professor of
Pharmacy Practice,
Roseman University
of Health Sciences

Nancy Smith relies on other people to get the flu vaccine to protect her 4-year-old son, Logan, who was diagnosed with neuroblastoma and cannot be vaccinated.
PHOTO BY ERIC MARKS

“Right now, you are a line of defense for my son.”

NANCY SMITH
Mother and registered nurse



A Mother’s Letter of Appreciation

Dear Nevada,

I am writing to say thank you. Thank you for vaccinating your children. Thank you for protecting our community.

I have been a nurse since 2001, and I cannot overstate the importance of vaccines. Horrible diseases like polio have largely become a thing of the past because of the strides we have made in science and medicine. And while we are lucky to live during a time when we do not see the impact of these diseases, we cannot be lax in protecting ourselves and our communities against viruses and diseases.

But I am writing as more than a nurse; I am also writing as the mother of a 4-year-old son with cancer. My boy, Logan, was diagnosed with high-risk, stage 4 neuroblastoma, a cancer that most often affects young children, in April 2015. We have had to travel to Oakland for treatment, which has included six rounds of chemotherapy, surgery to remove a tumor from his kidney, stem cell harvest and transplant, radiation therapy and immunotherapy — all over the course of 14 months. While he was undergoing treatment, he was particularly vulnerable to viruses like the flu. Our family and anyone who wanted to visit Logan was required to get the flu vaccine for his protection.

It has been a long and difficult road, but I’m happy to say that, as of June 2016, his scans show no signs of disease. That, of course, is a huge relief. However, Logan’s immune system is still weakened due to the treatments he received, so his body will not respond to the vaccine and, in fact, it could actually hurt him. He wears a mask to filter the air he breathes — we carry lots of hand sanitizer! His hair has grown, his color is back, but he remains unvaccinated for the time being. That is why we rely on other families to vaccinate their children against the flu — because right now, you are a line of defense for my son.

So please take advantage of this amazing resource we all have to protect ourselves and others from the flu. And if you have already, from the bottom of my heart, thank you for being the village that is helping to keep my baby safe.

Nancy Smith

Registered nurse and mother

THE RISKS CHILDREN FACE

84%

of children who died from flu-related complications between 2004 to 2012 had not been fully vaccinated



During the 2014-15 flu season, only

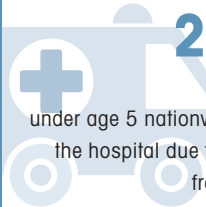
59%

of kids aged 6 months to 17 years received flu vaccinations

On average,

20,000 children

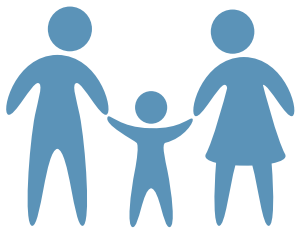
under age 5 nationwide are taken to the hospital due to complications from flu each year



During the 2015-2016 flu season, there were

85

confirmed deaths from the flu among children nationwide



WHY I SUPPORT IMMUNIZE NEVADA



“As a Unitarian Universalist minister, the congregation and I are called to affirm and promote the worth and dignity of every person. Part of that religious call is to promote all

people’s health and well-being. I support the amazing work of Immunize Nevada as they continue to promote the health of and prevent diseases for all Nevadans.”

Rev. Neal Anderson
Senior Minister, Unitarian Universalist Fellowship of Northern Nevada

Shazam! Defeat the flu!

Don't let influenza wreak havoc on your health! Thwart the flu and learn how to avoid getting sick this season.

START

Begin with 100 healthy points
and pick your path:

SKIP THE FLU VACCINE

Take a gamble and hope you don't fall victim to the villainous flu threats! For every precaution you may take, there are still risks.

SINISTER HOT SPOTS lose 30 points

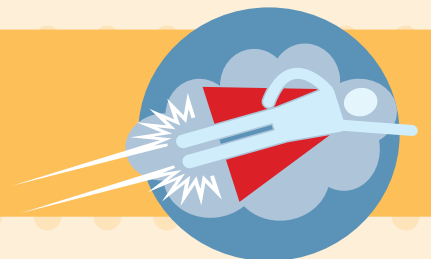
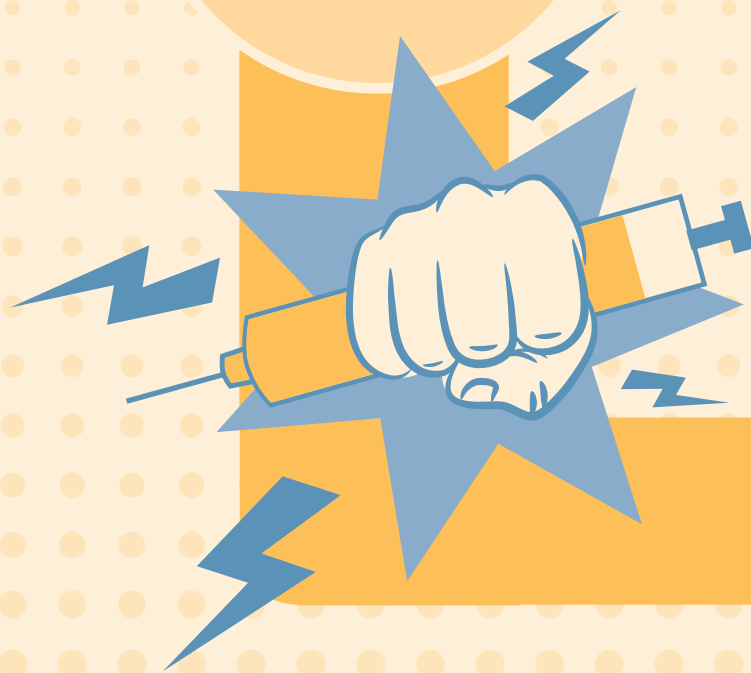
The flu virus can remain on surfaces for up to eight hours. Imagine everything you touch (ATMs, gas pumps, doorknobs) — now imagine how many other people touch them, too.

POW! KA-BLAM! BOOM! GET YOUR FLU VACCINE!

Go straight to the winner's circle without losing any points! The flu vaccine can shield against several strains of influenza.

THIS LOOKS LIKE A JOB FOR SOAP AND WATER! gain 5 points

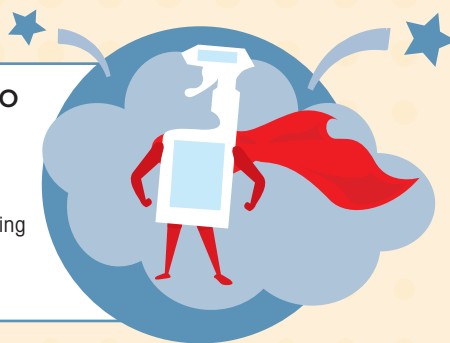
Vanquish germs by washing your hands frequently and thoroughly with soap and water for at least 20 to 30 seconds, the amount of time it takes to sing "Happy Birthday" twice (or your own personal theme song).



CLEANLINESS IS NEXT TO HEALTHINESS

gain 15 points

Clean and disinfect frequently touched objects. Products containing bleach, hydrogen peroxide and alcohol are kryptonite to the flu.



Without the flu vaccine, my heroic efforts to stay healthy may not be enough!

IT'S A BIRD! IT'S A PLANE! NO ... IT'S THE FLU!

lose 50 points

The flu can be spread up to 6 feet when someone sneezes, coughs or talks. If you're the one coughing or sneezing, cover your mouth with your sleeve, not your hands.



COVERT ATTACK

lose 10 points

Think that person you just shook hands with looks healthy? They could be sick and not even know it. The flu can be contagious up to 24 hours before you feel symptoms.



FINISH

how did you do?

100
points

You were able to go to work or school, be productive and stay healthy! Great job!

Less than 100
points

You got sick (or you still put yourself and others at risk)!

YOU GOT SICK, NOW WHAT?

If you're sick, the most important thing you can do is **stay home for at least 24 hours after your fever is gone** (without the aid of fever-reducing medication).

Do you have a cold or the flu? **Keep the flu FACTS in mind:**

Fever of 100°F or higher
Aches
Cough
Tired
Sudden onset

Also watch out for symptoms including:

- runny or stuffy nose
- sore throat
- headache
- chills

Most people recover within several days, but **if you are in a high-risk group or concerned about your illness, contact your healthcare provider and ask about antiviral drugs.** Seek medical attention for:

- difficulty breathing or shortness of breath
- purple or blue discoloration of the lips
- pain or pressure on the chest or abdomen
- sudden dizziness
- severe or persistent vomiting
- seizures
- flu-like symptoms that keep returning

By going to work, school or running errands, **you risk spreading the flu to everyone you come in contact with**, which can be particularly risky for infants, the elderly, pregnant women and those with compromised immune systems.

For more information about the upcoming flu season and how to keep healthy, visit www.inFLUencenevada.org.



REDUCE THE RISK IN THE WORKPLACE

The flu can be costly. The most recent CDC study found that each year the flu results in a total economic burden of more than \$87 billion in lost productivity, direct and indirect medical costs and lost wages. Businesses and employees can take steps to cut these costs and keep their workplace healthy:



Get your flu vaccine.

Businesses can host vaccination clinics.



If you're sick, stay at home.

Flexible sick leave policies encourage sick employees to stay at home.



Keep it clean. Disinfect frequently touched objects. Hotspots include doorknobs, railings, counter tops, telephones, keyboards, faucets and vending machines.



Stock up. Have supplies such as tissues, soap, alcohol-based hand sanitizers, paper towels and disinfecting wipes readily available in common areas.



Work up a lather. Wash hands frequently and thoroughly with soap and water for 20 to 30 seconds. If using hand sanitizer, use one with at least 60 percent alcohol.

A Healthy Bottom Line

Business owner helps keep employees flu-free

BY ANNE STOKES

Espresso shots aren't the only things that keep business going at Bibo Coffee Company. When it comes to the bottom line, owner Debbie Spieker-Martin has found that healthy employees are good for both her company and its customers; and this is why she offers each of them a flu shot every year.

"We staff really tightly, so if one person is down, it impacts our business," she says. "The flu shot is a minimal cost, there's not a lot of effort to get it and it can have a huge impact."

Rather than risk the chance that the flu might harm her workforce of 25 part- and full-time employees at three locations, she keeps them well and ready for work by providing them incentives to get a flu shot each year.

"If somebody's sick and we're short-staffed, our customers are impacted," she says. If her shop has fewer staff members on hand, it could potentially lead to a slow down in service. "That could impact us long-term. It's important to keep staff available."

"If somebody's sick and we're short-staffed, our customers are impacted."

DEBBIE SPIEKER-MARTIN
Owner, Bibo Coffee Company

Nearly half of her employees take advantage of the incentive, which Spieker-Martin is happy to provide. According to her, it's more cost-effective to reimburse her workers for the cost of their shot and include an additional \$25 bonus. Even with the bonus, she says it's equivalent to the cost of a few cups of coffee — way less than a day's wages.

Spieker-Martin understands that the flu shot not only protects her business, but also her employees and customers who are in constant contact with one another.

"Being proactive is worth it," she says. "Especially if you're in a business that interacts with a lot of people. It's going to save you a lot of headaches."



Debbie Spieker-Martin, owner of Reno's Bibo Coffee Company, encourages her employees to stay healthy by providing incentives for them to get their annual flu vaccine.

PHOTO BY ERIC MARKS

WHY I SUPPORT IMMUNIZE NEVADA



"Immunize Nevada's outreach around immunization and vaccines in rural areas is invaluable to assure communities are protected. Their staff and leadership

have a strong can-do attitude to address all issues that come before them and are dedicated to promoting health in Nevada."

James Oscarson
Nevada State
Assemblyman, District 36

While the traditional Battle for Nevada takes place on the football field, this season, UNR and UNLV students including Lily Davalos (left) and Jenny Prophete (right) can show their school pride by getting a flu vaccine.

PHOTOS BY ERIC MARKS AND JAB BUHAY

Battle for a Healthy Nevada

How to show school spirit with a flu vaccine

BY ANNE STOKES



“It’s good to spread awareness that even as an adult you still need to be up to date on your vaccines.”

LILY DAVALOS

University of Nevada, Reno graduate student

The Red Sox versus Yankees. Celtics versus Lakers. Rebels versus Wolf Pack.

Team rivalries run deep, and nowhere in Nevada does this ring more true than between the University of Nevada, Reno and the University of Nevada, Las Vegas. Each year the teams compete in the traditional Battle for Nevada, and this flu season, Immunize Nevada aims to harness that competitive spirit. Between Oct. 1 and March 31, UNR and UNLV students, alumni, faculty and fans can represent their school by getting a flu vaccine. The campus with the most flu vaccines at the end of the season will be declared the winner of the Fremont Syringe!

Whether you bleed Wolf Pack blue or Rebel red, the flu is a serious health risk for everyone. Students’ close-quarter lifestyles — dorms, classrooms and public events — make it easy to spread the flu.

As a freshman, Jenny Prophete was just settling into dorm life and starting college classes when the flu almost derailed her first semester. Now Prophete, who is currently earning her master’s degree in public health from UNLV, gets a flu shot annually.

“It was really hard to go to class. ... I had a fever, I was coughing, I just wanted to stay in bed all day,” she says. “I definitely fell behind in my schoolwork, and it really messed up my grades.”

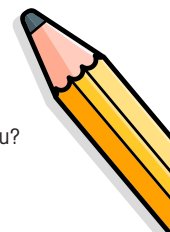
UNR graduate student Lily Davalos, who also is earning her master’s degree in public health, gets a flu shot not just for her own health, but for those around her as well.

“The flu shot not only protects yourself against the flu, but also it protects the people you interact with on a daily basis,” Davalos says. “It’s good to spread awareness that even as an adult you still need to be up to date on your vaccines.”

Students at both UNR and UNLV are eligible for free flu vaccines through their student health centers. Participants can log on to register and help their school come out on top while taking care of their own health at the same time. It’s a win-win!

To register or find a schedule of Immunize Nevada flu vaccine clinics, visit www.inFLUencenevada.org.

TEST YOUR FLU I.Q.



How well do you know the flu?
Take this test to find out:

1. When is flu season?

- ☐ a January – June
- ☐ b August – February
- ☐ c October – May
- ☐ d All year long

2. How often do you need to get a flu vaccine?

- ☐ a Quarterly
- ☐ b Annually
- ☐ c Twice a year
- ☐ d Every five years

3. The flu virus can travel up to ____ through the air.

- ☐ a 6 feet
- ☐ b 20 feet
- ☐ c 5 inches
- ☐ d 3 feet

4. How long should you stay at home after symptoms begin?

- ☐ a One week after you start to feel better
- ☐ b 24 hours after your fever breaks
- ☐ c One month
- ☐ d Staying home is for the weak — tough it out in class and at work

ANSWERS:

1. **c:** Seasonal flu activity can occur as early as October and as late as May. However, flu viruses can be detected year-round.
2. **b:** Annually. Influenza is constantly changing, so last year’s flu vaccine may not protect against this year’s viruses.
3. **a:** The flu can travel up to 6 feet through coughing or sneezing.
4. **b:** Stay home for at least 24 hours after your fever is gone (without fever-reducing medications) to make sure you’re no longer contagious.

**YOU CAN
SUPPORT
IMMUNIZE
NEVADA**



It takes a community to ensure all Nevadans have access to the flu vaccine. Find your role in the flu campaign:

- Volunteer
- Advocate
- Vaccinate
- Donate

Visit www.immunizenevada.org/get-involved to learn more.



GET A FLU VACCINE:

Everyone, Every Year.

Protect yourself, your family
and the whole community

- ▶ Seasonal flu vaccines are the first and the best protection against the flu.
- ▶ Everyone 6 months and older should get a flu vaccine every year.
- ▶ Flu vaccines are safe, easy and affordable.
- ▶ Flu vaccines prevent flu illnesses, doctors visits and hospitalizations.
- ▶ Take time to get a flu vaccine before flu activity begins.
- ▶ It's especially important to get the vaccine if you or someone you care for is at risk of complications from the flu.
- ▶ People who are feeling ill, have an allergy to any of the ingredients in the vaccine or have Guillain-Barré Syndrome should talk to their doctor before getting the vaccine.



775-624-7117
info@immunizenevada.org

Southern Nevada
1050 E. Flamingo Road
Ste. E225
Las Vegas, NV 89119

Northern Nevada
427 Ridge St., Ste. C
Reno, NV 89501

LOCATIONS

Flu vaccine is available in many convenient locations throughout Nevada. It's fast, easy and usually available at low or no cost through health insurance under the Affordable Care Act. Check with your local health provider to see if they have events or community sites scheduled. Your local retail pharmacy may take a variety of insurance plans and may have extended evening and weekend hours. Visit www.inFLUencenevada.org and find flu vaccines near you or visit one of the following locations:

NORTHERN NEVADA

Austin Medical Center
121 Main St.
Austin, NV 89310
775-964-2222

**Carlin Community
Health Center**
310 Memory Lane
Carlin, NV 89822
1-800-787-2568

**Carson City Health
and Human Services**
900 E. Long St.
Carson City, NV 89706
775-887-2190

**Carson City School-
Based Health Center**
618 W. Musser St.
(behind Gleason
School)
Carson City, NV 89703
800-787-2568

**Churchill County
Community Health
Clinic**
485 W. B St., Ste. 101
Fallon, NV 89406
775-423-4434

**Community Health
Alliance (CHA)**
Wells Avenue Medical/
Dental Center
1055 S. Wells Ave.
Reno, NV 89502
775-329-6300

Outreach Health Center
335 Record St.
Ste. 254
Reno, NV 89512
775-324-2599

Nell J. Redfield Health
Center, Neil Road
3915 Neil Road
Reno, NV 89502
775-870-4333

Nell J. Redfield Health
Center, Sun Valley
5295 Sun Valley Blvd.,
Ste. 5
Sun Valley, NV 89433
775-870-4334

School-Based Health
Center
1950 Villanova Drive
Reno, NV 89502
775-284-3386

Sparks Health Center
2130 Oddie Blvd.
Sparks, NV 89431
775-997-7300

**Crescent Valley
Medical Clinic**
5043 Tenabo Ave.
Crescent Valley, NV
89821
1-800-787-2568

**Douglas County
Community Health**
1329 Waterloo Lane
Gardnerville, NV 89410
775-782-9038

**Elko Family Medical
and Dental Center**
762 14th St.
Elko, NV 89801
775-738-5850

**Eureka Medical
Center**
250 S. Main St.
Eureka, NV 89316
775-237-5313

**Humboldt County
Community Health**
50 E. Haskell St.,
Ste. B
Winnemucca, NV
89445
775-623-6575

**Jackpot Community
Health Center**
950 Lady Luck Drive
Jackpot, NV 89825
775-755-2500

Kids to Seniors Korner
Mobile health outreach
Call 775-858-5251 for
monthly schedule

**Lander County
Community Health**
555 Humboldt St.
Battle Mountain, NV
89820
775-635-2386

**Lyon County
Community Health**
5 Pine Cone Road,
Ste. 103
Dayton, NV 89403
775-246-6211

555 E. Main St.
Fernley, NV 89408
775-575-3363

3595 W. Hwy 50,
Ste. 3
Silver Springs, NV
89429
775-577-0319

26 Nevin Way
Yerington, NV 89447
775-463-6539

**Mineral County
Community Health**
331 First St.
Hawthorne, NV 89415
775-945-3657

**Northern Nevada
HOPES**
580 W. Fifth St.
Reno, NV 89503
775-786-4673

**Northern Nevada
Medical Group
Immunization and
Travel Clinic**
5575 Kietzke Lane
Reno, NV 89511
775-355-5000

**Pershing County
Community Health**
535 Western Ave.
Lovelock, NV 89419
775-273-2041

**Sierra Nevada Health
Center**
3325 Research Way
Carson City, NV 89706
1-800-787-2568

**Virginia City
Community Health
Center**
175 E. Carson St.,
Ste. A
Virginia City, NV
89440
1-800-787-2568

**Washoe County
Health District**
1001 E. Ninth St.
Bldg. B
Reno, NV 89512
775-328-2402

**White Pine County
Community Health**
297 11th St. East,
Ste. 5
Ely, NV 89301
775-293-6558

**Wendover Community
Health Center**
925 Wells Ave.
West Wendover, NV
89883
775-664-2220

**OTHER
NEVADA
RESOURCES**
**TRICARE Flu resources
for military families**
www.tricare.mil/flu

**WHY I
SUPPORT
IMMUNIZE
NEVADA**



**“Keeping Nevada healthy
is something I take very
seriously. This is why I get a
flu shot every year and why
I encourage everyone to do
the same. I’m thankful for**

**Immunize Nevada and their
commitment to this beautiful
state we call home.”**

**Nevada Gov.
Brian Sandoval**