

# FLU AND TDAP VACCINES

## *for Healthcare Workers*

It's time for your flu and Tdap vaccines!



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

Protect yourself, your family, and your patients against **influenza** and **pertussis (whooping cough)** with flu and Tdap vaccines.

### 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 flu and Tdap shots if:

- You have direct patient contact, especially with infants 12 months and younger. Babies are at high risk of hospitalization and death from flu and pertussis, and may be too young to get vaccinated.
- You are pregnant— get the flu shot in any trimester of pregnancy and a Tdap shot early 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. Vaccination is prevention!

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

- Getting vaccinated.
- Recommending and offering these vaccines.

**QUESTIONS?** Visit [www.doh.wa.gov/Immunization](http://www.doh.wa.gov/Immunization) or call the Office of Immunization and Child Profile at (866) 397-0337

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