

Talking Points for Health Workers

- Influenza is more likely to cause severe, sometimes fatal illness in people older than 65.
- In 2015 CDC reported that about 90% of flu deaths were in people aged 65 and older.
- Older Oregonians in long-term care are not able to avoid sick caregivers easily; if staff members get influenza, long-term care facility residents have a high risk of being exposed and becoming ill.
- Fifty-seven percent of influenza outbreaks reported to the Oregon Health Authority during the 2015–2016 season occurred in long-term care facilities.
- CDC reports that, with a good match between circulating strains and the ones included in the vaccine, flu vaccination is 90% effective in preventing disease in young, healthy folks. In the elderly, flu vaccine is 50-60% effective in preventing hospitalization and 80% effective in preventing death.
- You can pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. During this time, you may still spread the virus to others.
- Anyone sick with the flu should stay home for 24 hours after their fever ends and is no longer being controlled by fever reducing medicines.
- Protecting staff and residents from influenza decreases lost work time for staff members.
- Worker vaccination helps prevent severe illness and death from influenza in residents.
- Do no harm! Stick out your arm!