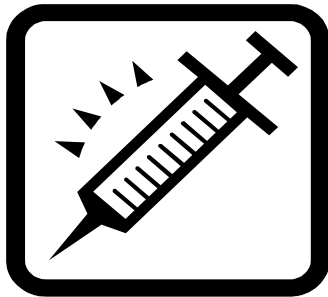


## ELIGIBLE STAFF THIS WEEK

- Direct and Indirect Acute Staff
- Administrative Staff in Acute Care
- Owned and Operated and Contracted Residential Care Staff
- Home Health Nurses and Allied Professionals
- We are **NOT** at this time able to provide vaccine to community healthcare workers.



### H1N1 Information

Get up-to-date information on the H1N1 Flu Virus

**Speak to your manager for questions or call Employee Health and Wellness at Tel: 604-454-4545**



BY MAIL: Fraser Health  
Corporate Office  
300, 10334 - 152A Street  
Surrey BC V3R 7P8  
BY EMAIL: [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)  
BY PHONE: Phone: 1-877-935-5669 or  
604-587-4600

BY FAX: 604-587-4666

## Burnaby Hospital

Employee Health & Wellness.

### H1N1 Employee Vaccination

November 13-19, 2009  
8am-3pm



## 6 Common Misconceptions about Immunization

1. "Diseases had already begun to disappear before vaccines were introduced, because of better hygiene and sanitation".
2. "The majority of people who get disease have been vaccinated".
3. "There are "hot lots" of vaccine that have been associated with more adverse events and deaths than others. Parents should find the numbers of these lots and not allow their children to receive vaccines from them".



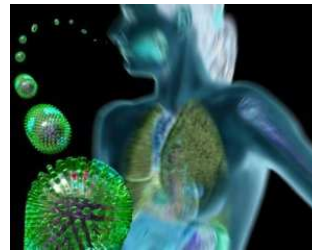
4. "Vaccines cause many harmful side effects, illnesses, and even death - not to mention possible long-term effects we don't even know about".
5. "Vaccine-preventable diseases have been virtually eliminated from my country, so there is no need for my child to be vaccinated".
6. "Giving a child multiple vaccinations for different diseases at the same time increases the risk of harmful side effects and can overload the immune system".

(WHO, 2009)

## Benefits

Prior to the invention of vaccinations, the only way to become immune to a disease was to actually get infected and hopefully survive. Also called naturally acquired immunity; you suffer the symptoms of the disease and also risk the complications which can be serious or lead to death. During illness you are at risk to others as you may be contagious. The disease can be passed to family members, friends, or people who come in contact with you. Vaccines protect not only yourself but also others around you, especially those that are immunocompromised. Vaccines provide an artificially acquired immunity which is less risky and allows for the body to develop immunity without great suffering from having the disease naturally acquired.

In addition, if others in your community or work setting are vaccinated, they are less likely to give the disease to you. Vaccines protect not only individuals but entire communities. The more people that are immunized within your community or work setting results in a less likelihood the disease will spread however, disease will always reappear if people do not get immunized. That is why vaccines are vital to the public health goal of preventing diseases.



## What to anticipate after immunization

For the first few days at the site of injection you may feel....

- Tenderness
- Pain
- Redness
- Hardening of skin
- Swelling
- Bruising

For the first few days you may feel....

- Headache
- Malaise (feeling out of sorts)
- Muscle pain
- Chills
- Nausea
- Fever
- Vomiting

### ***Immunization questions....***

***Speak to your manager or educator for questions or call Employee Health & Wellness at 604-454-4545***