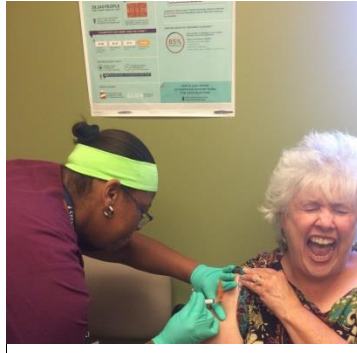


Spreading the Flu



. . . Vaccine

Influenza is a serious health threat, especially for vulnerable populations like older adults and people living with chronic medical conditions. It's important for people living with and caring for high-risk populations, including those who work in long-term care, to get vaccinated against influenza each year.

Vulnerable Population

People 65 years and older are at the highest risk for hospitalization and complications from the flu. They account for the majority of flu hospitalizations and deaths in the United States each year. The Center for Disease Control and Prevention (CDC) recommends an annual flu shot for this vulnerable population.

The flu vaccination also is one of the 13 Long Stay Quality Measures that make up the Centers for Medicare & Medicaid Services (CMS) Quality Measure Composite Score. A higher rate of flu vaccinations in a nursing home will help create a lower Composite Score. To learn how to calculate your Composite Score, [click here](#).

Healthcare Workers

Flu vaccination coverage was lowest among health care personnel working in long-term care facilities (54.4%) in the 2014-2015 flu season. To increase flu vaccines among long-term care employees, the CDC has created a toolkit called [Increasing Influenza Vaccination among Healthcare Personnel in Long-term Care Settings](#).

Flu Vaccine Facts

- Each seasonal flu vaccine protects against the viruses research has indicated will be most common. Trivalent vaccines are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. Quadrivalent vaccines protect against four viruses; the same viruses as the trivalent vaccine as well as an additional B virus.
- Flu vaccines DO NOT cause the flu. Flu vaccines are made with either killed or weakened viruses.
- Flu vaccines are safe. Serious problems from the flu vaccine are very rare. The most common side effect that a person is likely to experience is soreness where the injection was given. This is generally mild and usually goes away after a day or two.

For additional information on the seasonal influenza vaccine, the Composite Score, or our upcoming nursing home collaborative, contact Scott Gibson at 502-680-2669 or scott.gibson@area-G.hcqis.org.

Formed as a partnership between three leading healthcare consultancies, atom Alliance is working under contract to CMS throughout Alabama, Indiana, Kentucky, Mississippi, and Tennessee to improve quality and achieve better outcomes in health and healthcare and at lower costs for the patients and communities we serve. Learn more at www.atomAlliance.org.