

# Flu Season

Provided by AREUFIT Health Services, Inc



## Flu Shots

## GERM POWDER

## *GERMS, GERMS, GERMS: THE GOOD, THE BAD, THE UGLY PRESENTATION*

### *Flu Shot*

Each seasonal influenza vaccine contains three influenza viruses. The viruses in the vaccine change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. About 2 weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body.

The seasonal flu vaccine will not provide protection against 2009 H1N1 flu. (CDC)

### *Germ Powder*

Hand washing is the first defense against germs. The Germ Powder screening allows participants to view how easily germs can build up on everyday objects. It also analyzes hand washing tendencies and techniques. This screening emphasizes the importance of proper hand washing and is appropriate for all ages. This screening takes approximately 3-5 minutes per participant.

### *Germs Seminar*

This seminar gives basic information about germs and identifies modes of transmission, symptoms and prevention. It also gives an understanding of the basics of hand washing and its benefits.