

Welcome to  
Better Health

A Weekly Update  
for Asante Employees

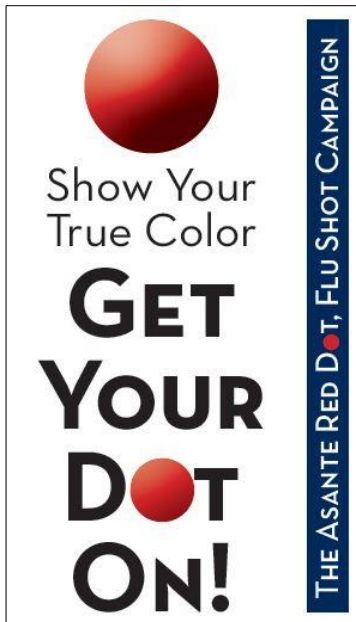
Every patient,  
every day, every time.

# ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

## Flu Season is coming – Get Your Dot On!

Asante's annual flu vaccination campaign will begin next month, and the organization's Work Health Department has a simple recommendation for all employees: Get your Dot On!



That's the theme of this year's "Red Dot, Flu Shot" campaign, which will offer prizes for Asante employees who display proof of their immunization by attaching a "Red Dot" to their identification badges. Employees who receive flu shots will be given small silicone bands – adorned with red dots – that fit just above their badges, on either lanyards or badge reels.

Incentives will include three rounds of drawings in October and November for Earned Time Off or Paid Time Off, and weekly drawings for gift cards. Senior leaders will also drop in without notice to round with various departments, and will offer prizes or coupons to all employees wearing red dot insignias.

The flu vaccine that will be used this year at Asante is a quadrivalent vaccine, which protects against four strains of influenza virus – influenza A (H1N1), influenza A (H3N2), and two types of influenza B. Last year's flu shots used a trivalent vaccine, which protected against two strains of influenza A and one strain of influenza B.

Flu shot clinics will be held at Asante Ashland Community Hospital on Monday, Oct. 12; at Asante Rogue Regional on Tuesday and Wednesday, Oct. 13 and 14; and at Asante Three Rivers on Thursday, Oct. 15. Hours of operation for each of the clinics will be from 6 a.m. to 10 a.m., from 11 a.m. to 2 p.m., and from 3 p.m. to 6 p.m.

Free vaccinations are currently available to all Asante employees at the Employee Health Departments of all three hospitals. Preventive vaccines such as flu shots are also available with a zero copay for all Asante Health Plan members at Asante Outpatient Pharmacy, which has locations at 2900 E. Barnett Road in Medford and inside Asante Three Rivers Medical Center in Grants Pass.

Health officials in Oregon and around the country have advised hospitals to let their employees know that flu shots are the best bet for avoiding infection. The protection extends to patients, some of whom are considered especially vulnerable to the potentially life-threatening virus.

The U.S. Centers for Disease Control [continues to recommend flu shots](#) for everyone 6 months of age and older as the best option for avoiding influenza. Studies indicate that annual vaccination reduces mortality from the flu by 41 percent.

"People should begin getting vaccinated soon after flu vaccine becomes available, if possible by October, to ensure that as many people as possible are protected before flu season begins," the CDC recommends on its influenza website.

Most seasonal flu activity typically occurs between October and May, but it takes about two weeks  
*(read more, next page)*

after vaccination for antibodies to develop in the body and provide protection. Flu activity most commonly peaks in the United States between December and February.

Asante hit its organization-wide goal of a 76 percent vaccination rate for all full-time employees for the 2014-2015 flu season, and will have a similar immunization goal this winter.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).

**Question or suggestions:** Call Communications and Marketing at (541) 789-3510 or extension 13510.