5 Reasons to Get a Flu Shot: Key Information to Keep You Safe

Despite the 100 + degree weather, flu season is around the corner. Why get a flu shot? Here are a few of the reasons:

1. **For your health!** The single best way to prevent the flu is to get a flu vaccine each season. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.

2. **For your family’s health.** Everyone 6 months and older should get a flu vaccine each year. This recommendation has been in place since February 24, 2010 when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the U.S. to expand protection against the flu to more people.

3. **For your patients’ health.** While everyone should get a flu vaccine each flu season, it’s especially important for those who live with or care for people at high risk for developing flu-related complications.

4. **Flu can sneak up on you.** Persons who get influenza begin to spread the virus before they ever have symptoms. So the best method to prevent spread is to prevent the initial infection with the vaccine.

5. **You cannot get the flu from a flu shot.** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot.

It’s a matter of health...yours, your patients’ and your family’s. Watch for a schedule of when flu shots will be given in your work area, coming soon. For more information on the flu, visit the Centers of Disease Control website at: http://www.cdc.gov/flu/.

Help Us Reach 1,000 Heart Walk Participants!

The American Heart Association’s Dallas Heart Walk is a UT Southwestern Employee Wellness Program / Employee Advisory Council supported walk and we want you to get involved! The Dallas Heart Walk is on Saturday, Sept. 10, in Victory Park. Opening ceremonies begin at 8:30 a.m., followed by the 5K at 9 a.m.

Show your support, your commitment to wellness and help us reach our goal of 1,000 employees, family and friends participating by joining a UT Southwestern Heart Walk Team.

For details on how to sign up, please go to: http://www.utsouthwestern.net/intranet/Campus+Connect/2011/Join+the+Dallas+Heart+Walk+Help+Us+Reach+Our+1000+Participant+Goal
Want to Help Change A Life?
State Employee Charitable Campaign (SECC) volunteers have an opportunity to inspire colleagues, create teambuilding in their departments and truly change the lives of those less fortunate. Attend the volunteer recruitment event on Aug. 24, 2:30 to 3:30 p.m., South Campus Lecture Hall, D1.602, to learn more and receive an SECC kick-off gift. If you are not able to attend the recruitment event, but would still like to volunteer, send a message to the SECC mailbox at SECC-Campaign@UTSouthwestern.edu.

Bio Bank Study at UT Southwestern
UT Southwestern Medical Center has a new research study focused on finding the genetic risk factors for heart disease and chronic illnesses. All participants will be compensated and will receive a free report of blood pressure, cholesterol, and blood sugar levels. You must be black/African American or Hispanic and at least 18 years of age. Call 8-7663 or email thebiobank@utsouthwestern.edu.

Your Words Set in Stone!
Your written reflections for the new University Hospital literally can become part of its very foundation at a special “foundation-laying” event planned for Oct. 11.

Special Journaling cards are being sent to all employees via campus mail or you can cut out the card seen here. Electronic cards also will be available on the campus intranet, My UTSouthwestern.

The cards will be placed into cement forms during the foundation-laying ceremony and become part of the cornerstone of the new hospital. One employee will be chosen to attend the ceremony and will have his or her journal card aspiration read. Include your name and department and return to: Mail Stop 9120 by Monday, Sept.5.

Contact Kathy Matthews, ext. 54842 with comments or suggestions for Connections.