

Fight the Flu:
An Important Prevention Message for Advocates and Health Reformers

Flu season has begun and while we are now right in the middle of an historic movement to pass reforms that ensure every Utahn has access to quality, affordable health care, we must also take precautions to stay healthy. We wanted to make sure you are all aware of a helpful new tool and Flu Fighting campaign developed for the community by the Utah Department of Health. With the right precautions, we can keep ourselves healthy through our final push for national health reform and preparations for a difficult state legislative session.

[Utah Flu Fighters \(www.utahflufighters.org\)](http://www.utahflufighters.org) is a 1-stop shop for practical information on...

- [where to get vaccinated](#)
- [priority groups for the 1st doses of H1N1 vaccine](#)
- [how to prevent H1N1 flu at home, at work, or at school](#)—you'll find great tips here!

If you're on our mailing list, chances are you will be in situations (like community meetings or meetings with officials) where it's common to shake hands or give hugs. We hate to give up this delightful practice, but it's probably for the best. Instead, we suggest 'air shakes,' a friendly nod of the head, or elbow bumps.

Many of us shake hands out of habit, because the other person initiated it, or to show respect. If you are calling a meeting, you might consider adding this statement to your invitation to help set the tone:

"Fight the Flu: it's OK not to shake hands when we greet each other. Instead how about a friendly nod and a smile?"

Practice peer pressure to help your co-workers stay home when they're sick. It helps to tell people or 'give permission' to go home when they look/act/feel sick. In high-pressure times like these, too many of us like to be the warrior—this is not the year for that!

Please join us in thanking the Utah Department of Health for their leadership in the Utah Flu Fighters Campaign. And thank you for doing all *you* can to fight the flu (you can start by circulating this message)!

