



## **Be a flu fighter – get your shot by Tuesday, Nov. 12!**

Flu shots are being given to team members across Prisma Health! Help us fight flu by ensuring your team is vaccinated by Tuesday, Nov. 12! Flu shots are being offered at a variety of clinics and are available at all Team Member Care Center locations and both Midlands and Upstate Employee Health offices.

- [Flu shot clinics in the Midlands](#)
- [Flu shot clinics in the Upstate](#)

All Prisma Health team members, including Palmetto Health-USC Medical Group, must be immunized against flu by Tuesday, Nov. 12.

Visit Employee Health on [myPal](#) and [Plexus](#) for the latest information throughout the 2019/2020 flu season. Please contact Employee Health at [FluShots@PrismaHealth.org](mailto:FluShots@PrismaHealth.org) (Midlands) or [EmployeeHealth.Upstate@PrismaHealth.org](mailto:EmployeeHealth.Upstate@PrismaHealth.org) (Upstate) with any questions.

### **Prisma Health's policy on flu vaccinations**

- All team members must be immunized against the flu by Tuesday, Nov. 12.
- Those who do not get their flu shot by Nov. 12 will be placed on unpaid administrative leave of one week or less. If the team member has not met the requirement at the end of the administrative leave, the team member will be considered to have voluntarily resigned.
- Palmetto Health-USC Medical Group team members who fail to comply by Nov. 12 will be denied access to patient care areas within Palmetto Health-USC Medical Group or Prisma Health and also may be subject to being placed on unpaid administrative leave.
- Team members may request a medical or religious exemption. Exemption forms are available on [myPal](#) and [Plexus](#) and must be submitted by Friday, Nov. 1.
- Request for a religious exemption must be submitted each year.
- If your medical exemption request was approved for a previous flu season you will not need to submit a new request.
- If you are vaccinated at a location outside of Prisma Health, you may email documentation to [FluShots@PrismaHealth.org](mailto:FluShots@PrismaHealth.org) (Midlands) or [EmployeeHealth.Upstate@PrismaHealth.org](mailto:EmployeeHealth.Upstate@PrismaHealth.org) (Upstate) by Monday, Nov. 11. Include your name, team member ID number and "outside flu document" in the subject line. Make sure the documentation includes the date the vaccine was administered and if you work for both Prisma Health and Palmetto Health-USC Medical Group.



### **Other ways you can help fight the flu**

Prevention is key! The **single best way to prevent seasonal flu is to get [vaccinated](#)** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. Following a few simple rules will help ensure your team stays healthy:

- **Stay home when you are sick.** This will help prevent spreading your illness to others.
- **Clean your hands.**  
Washing your hands often will help protect you from germs. **Practice other good health habits.**  
Clean and disinfect frequently touched surfaces. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### **I have the flu. Now what?**

#### **When can I return to work after having the flu?**

Team members having flu like symptoms should remain out of work until fever free (temperature less than 100.4 degrees) for a period of 24 hours without fever reducing medication. Any team member that is out of work for four or more calendar days needs to be cleared by Employee Health before returning to work. Team members returning to work after being afebrile for 24 hours without fever reducing medications that continue to have respiratory symptoms must wear a mask.

#### **When should I be evaluated for flu?**

Team members should not report to work or if at work, should be evaluated for flu if they are exhibiting three or more of the following flu-like symptoms:

- Fever or feeling feverish/chills (not everyone with flu will have fever)
- Cough
- Sore throat
- Runny or stuff nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

#### **Where can I get evaluated for the flu?**

If flu like symptoms are present, team members are encouraged to be evaluated by:



- Primary Care Provider
- Team member Care Center ([hyperlink to TMCC page](#))
- Smart Exam ([hyperlink to SmartExam](#))