

MEDIA ADVISORY

VNAA Invites You and Your Family to Say “Boo!” to the Flu Fun Way to Get Immunized this Flu Season

(Washington, DC) – October 3, 2012 – Halloween isn’t just about costumes and candy; it is also the time of year to get your family vaccinated against the flu. The Visiting Nurse Associations of America (VNAA) is excited to partner with The Clorox Company and Families Fighting Flu to give busy families an easy way to help scare away the flu virus this fall.

Twenty VNAA member agencies nationwide will be holding approximately 117 Say “Boo!” to the Flu immunization clinics throughout October. VNAA encourages you to visit a nonprofit home healthcare agency in your community to get vaccinated. These events will give everyone an opportunity to get their family vaccinated against the seasonal flu, and to learn simple tricks to prevent the spread of the virus, such as:

- **Sing & Scrub:** Make sure kids wash their hands the right way. They should wash frequently with warm water and soap for at least 20 seconds (the time it takes to sing the “Happy Birthday” song twice).
- **Disinfect Germ Hot Spots:** “Hunt” down the germs and disinfect them this Halloween. Kids can touch up to 300 surfaces in 30 minutes. Disinfect the surfaces kids touch most frequently – like doorknobs, light switches, faucets – with disinfecting products.
- **Do the Elbow Cough:** Cough into elbows, not hands, where they are more likely to spread bacteria and viruses through touch.
- **Follow Good Health Guidelines:** Eat right, exercise and get plenty of sleep.

Parents and children will also receive free giveaways –Clorox disinfecting products and more! Moms and dads can talk to on-site health experts about why flu prevention is so critical, especially for young children.

This season's annual flu vaccine will protect against the influenza A (H1N1), influenza A (H3N2) and influenza B viruses, all of which can cause the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine each year to protect against the flu.¹

Visit www.SayBooToTheFlu.com for fun games and tips on flu prevention you can share with your family.

Find a Say “Boo!” to the Flu clinic near you, visit www.VNAA.org and click on the Boo! home page icon.

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About VNAA: VNAA is the national association that supports, promotes and advances nonprofit providers of home and community-based healthcare, hospice and health promotion services to ensure quality care for their communities. VNAA members share a mission to provide cost-effective and compassionate care to some of the nation's most vulnerable individuals, particularly the elderly and individuals with disabilities. Visit www.VNAA.org today!

About Say “Boo!” to the Flu: Families Fighting Flu (a group of families whose children have suffered serious medical complications or died from influenza), Visiting Nurse Associations of America (the largest non-profit network of flu immunizers) and The Clorox Company join together for the Say “Boo!” to the Flu program, a national campaign to increase the number of families vaccinated against the flu nationwide. For more information, visit www.SayBooToTheFlu.com.

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¹ <http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm>