



KEEP CALM

AND

SUPPORT OUR FLU POLICY

Dear Colleagues,

A return to fall means the return of influenza. This flu season, we ask all physicians at Fraser Health to “Keep calm and support our flu policy” to protect our vulnerable patients, clients and residents from potentially fatal influenza infections.

You can support our flu policy with two simple steps. 1. Vaccinate or mask. 2. Report your decision online.

B.C.’s [Influenza Prevention Policy](#) requires all health care workers and visitors to either vaccinate or to wear a mask in patient care areas from Dec. 1 until March 31. No matter which you choose, you must report your decision by Dec. 1.

Last year, the majority of Fraser Health employees – 80 per cent of you – chose to get the flu shot, while others chose to mask. Both options protect patients and clients, residents and colleagues from what can be a serious illness.

Our [Influenza Control Program](#) policy applies to all Fraser Health Authority physicians who have contact with patients, residents or clients in our hospital, community or home care settings. Visitors are also asked to adhere to this policy.

Keep calm and get your flu shot

The flu shot is safe and effective at preventing illness, especially when used with other preventive measures, including proper hand hygiene and staying home when sick.

You can get your free flu shot through at one of our on site Fraser Health drop-in clinics, which begin October 30. Please bring your Care Card and Fraser Health ID with you.

You can also get your free flu shot right in your community from your family doctor, pharmacist, or walk-in clinic. Check ImmunizeBC’s [Influenza Clinic Locator](#) for a clinic near you. Please bring your Care Card with you.

Keep calm and wear a mask

Masks will be available on units for staff, physicians and visitors as of December 1. Learn how to wear one properly in [this video](#).

Keep calm and report your decision online

We ask that you report your decision – to get immunized or wear a mask – online the same day you receive it or as soon as possible. Reporting only takes a minute and you can do it on your smartphone or computer. Physicians can report at [Medicalstaffhealth.phsa.ca](#).

Keep calm and get more information

Visit our [Fraser Health influenza page](#) and [FH Pulse influenza page](#) for more information or email questions to influenzaquestions@fraserhealth.ca.

All of us in health care have a responsibility to fight influenza and protect the vulnerable people in our care. Thank you for your continued commitment to providing safe, quality care to our patients, residents and clients.

Sincerely,

Dr. Victoria Lee

Vice President, Population Health and Chief Medical Health Officer