

# MechSE WELLness

## C07 Community Immunity

**Intent: Protect the overall health and well-being of our community through seasonal influenza prevention and other immunization efforts.**

Immunization prevents illness, disability, and death from vaccine-preventable diseases, averting an average of 2-3 million deaths every year. Flu-like illness is responsible for 45% of workdays lost and 49% of low productivity days among working adults. Vaccination is the most effective way to prevent the flu. Additionally, providing education on good health habits, such as hand hygiene and cough etiquette, can help stop the spread of germs and prevent illness.

**Impact: By reducing barriers and providing education, immunization programs can support the health of individuals and the community.**

### **What are the requirements to earn this credit?**

Promote seasonal flu prevention:

1. Provide free flu shots or subsidized by at least 50%.
2. Conduct a seasonal flu prevention campaign that covers how to get vaccine, benefits, and what to do if feeling ill.
3. Implement an immunization schedule for all eligible employees and students (as applicable).

### **How is MechSE accomplishing these requirements?**

Eligible employees with health insurance may obtain the flu vaccine, and all other vaccinations, free of charge. Paid sick time can be used to receive vaccines. During the months of December to February, our department will promote seasonal flu prevention tips via a campaign and signage that educates us on available University programs, hand hygiene and cough etiquette, and how we can actively protect our colleagues and their families. All students are required to fulfill the Illinois College Immunization Code, which requires students to be immunized against diphtheria, tetanus, pertussis, measles, mumps, and rubella. Those under 22 years of age must also be immunized against meningitis.



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