



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT  
Washington, DC 20415

The Director

Thursday, October 4, 2018

**MEMORANDUM FOR: All Federal Employees**

FROM: ALEX M. AZAR, II, SECRETARY, U.S. DEPT. OF HEALTH & HUMAN SERVICES  
DR. JEFF T.H. PON, DIRECTOR, U.S. OFFICE OF PERSONNEL MANAGEMENT

Subject: Protect Yourself and Your Loved Ones this Flu Season

Protect Yourself and Your Loved Ones this Flu Season

You can make a difference by getting your annual flu vaccine. The vaccine works to protect you, your loved ones, and your coworkers from flu and dangerous complications such as pneumonia.

In fact, every year, the flu affects millions of people, costs billions of dollars for hospitalization and treatment, and billions of dollars in sick days and lost productivity. Sadly, each year, thousands or even tens of thousands of people also die from this preventable disease.

The flu vaccine is the best tool to prevent this disease and its potentially serious complications. It is especially important for those at [greatest risk for complications from influenza](#) such as young children, pregnant women, people 65 and older, and those with certain medical conditions to be immunized.

Take advantage of your Federal Employees Health Benefits (FEHB) plan and get a flu vaccine at little to no cost. Most FEHB plans cover flu vaccines at pharmacies, retail stores, doctor's offices, and clinics, and charge no co-pay when using in-network providers. Your workplace may also offer flu vaccines onsite.

We urge you to get your flu vaccine, and encourage your family and coworkers to do the same. Ask your health care professional about other recommended vaccines. In addition to influenza, you can protect yourself against a number of other vaccine-preventable diseases such as [shingles](#), [pneumococcal](#) disease, and [whooping cough](#). To learn more, visit [vaccines.gov](#), take the [adult vaccination quiz](#), or find immunization services using the [vaccine finder](#). You can also help #FightFlu on social media.

Thank you for your dedication to public service and for joining our efforts to achieve a healthier workplace and a healthier America.