

PROTECT YOURSELF FROM INFLUENZA

Influenza, also called the “flu”, is a very serious and highly contagious respiratory infection. The flu can cause the following:

- Fever
- Headache
- Sore throat
- Runny or stuffy nose
- Fatigue that can last several days to a week (unlike the common cold)
- Chills
- Dry cough
- Muscle aches

The flu is spread easily from person to person, primarily when an infected person coughs or sneezes. After a person has been infected with the virus, symptoms usually appear within 2 to 4 days.

Most people are ill with the flu for only a few days, but some get much sicker and may need to be hospitalized. Each year about 114,000 people in the United States are hospitalized and about 36,000 people die because of the flu. Most of these deaths occur among seniors and people with long-term diseases of the heart, lungs, kidneys or blood.

Who should get the *Influenza* vaccine?

People at greatest risk for being seriously ill from the flu include the following:

- Adults age 50 and older. (Especially those over 65)
- Residents of nursing homes and other long term care facilities housing anyone with chronic medical conditions
- Persons with long-term diseases of the heart, lungs, blood, or **kidney**
- Persons with compromised immune systems (including HIV, Cancer)
- Children receiving long term aspirin therapy

- Women who are in their second or third trimester of pregnancy during flu season
- Health care workers in contact with people in high risk groups
- Infants aged 6 months to 23 months

What are the risks from the *Influenza* vaccine?

A vaccine, like any medicine, is capable of causing serious problems such as severe allergic reactions. However, the risk of a vaccine causing serious harm is extremely small. About 80% of the people who receive the vaccine will have **no** side effects at all. In very rare cases (1 out of 10,000) there may be serious allergic reaction. (People with allergies to eggs should talk to their doctor before getting any vaccine.)

When is the best time to get the *Influenza* vaccine?

The peak flu season in the United States is November through April. The ideal time to get the flu vaccine is from October through mid-November. Getting immunized in December or later can still protect you against the flu.

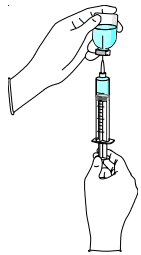
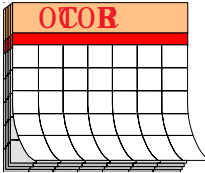

If I received the *Influenza* last year, do I need another one?

Yes, because flu viruses change every year (that is, they undergo genetic changes). The vaccine must be changed every year to reflect the latest strain of the disease. In addition, protection from the flu vaccine only lasts about one year.

*New for the 2003-2004 *Influenza* season is “FluMist” which is given Intra-nasal. However it has only been approved for use in healthy children and adults between ages 5 to 49.

Influenza Vaccine can Prevent *Influenza*!

Summary of Influenza Vaccine

Vaccine Name & Route	For Whom is it Recommended	Schedule for Routine Administration	Risk/Contraindications	Where Can I Receive Vaccine
<p>Inactivated Influenza (Give IM)</p> 	<ul style="list-style-type: none"> Adults age 50 and older, especially those 65 and older Residents of nursing homes and other long term care facilities housing anyone of age with chronic medical conditions A person with long-term diseases of the heart, lungs, blood or <u>kidneys</u> A person with compromised immune systems (including HIV, Cancer) Children receiving long term aspirin therapy Women in their second or third trimester of pregnancy during flu season Health care workers in contact with people in high risk groups Infants aged 6 months to 23 months 	<ul style="list-style-type: none"> Once a year Given during optimal time of October-November May be given with other vaccines 	<ul style="list-style-type: none"> Small risk of reaction Mild problems include <ul style="list-style-type: none"> - Localized soreness, redness or swelling - Fever - Aches Serious allergic reactions can include: (rare) <ul style="list-style-type: none"> - Difficult breathing - Hoarseness/wheezing - Hives - Increase heart rate Contraindications can include: <ul style="list-style-type: none"> - Serious allergic reaction to eggs - Previous reaction to influence vaccine - History of Guillain Barré Syndrome 	<ul style="list-style-type: none"> Can receive from HMO Doctor's office Dialysis unit Local health department Free health clinics Drug store pharmacies <p>(Report your vaccination to your dialysis center)</p>
<p>Live Influenza (Given Intra-nasal)</p> <p>Trade-Name "FluMist"</p>	<ul style="list-style-type: none"> Healthy children and adults from age 5 to 49 are the only ones <u>approved</u> to receive the intranasal vaccine. <p>Not Recommended for:</p> <ul style="list-style-type: none"> Children ≤ 5 and adults ≥ 50 years Persons with long term health problems; heart, lungs, asthma, kidney, and metabolic diseases (diabetes) Weakened immune systems HIV/AIDS, CA Pregnant women Children on long term aspirin treatment History of Guillain Barré Syndrome 	<ul style="list-style-type: none"> Once a year Can be given as soon as vaccine is available or between October-November Children over 8 years of age should get 2 doses 6 to 10 weeks apart 	<ul style="list-style-type: none"> Can cause mild problems <ul style="list-style-type: none"> - Runny nose/nasal congestion - Cough - Chills - Tiredness/weakness - Sore throat - Headache Serious allergic reactions <ul style="list-style-type: none"> - Difficult breathing - Hoarseness/wheezing - Hives - Increase heart rate 	<ul style="list-style-type: none"> HMO Doctor's office Local health department 