

Comprehensive Childcare Associates



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Influenza Prevention Overview

Influenza (flu) is a contagious disease which affects the lungs and upper respiratory system, often leading to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized.

	Quadrivalent Influenza (Flu) <u>Injection</u>	FluMist <u>Inhaled</u> Influenza (Flu) Vaccine
Age	6 months and older	2 years through 49 years
Who does <u>NOT</u> get it?	<ul style="list-style-type: none"> Children younger than 6 months People with severe, life-threatening allergies to any ingredient in a vaccine, including flu vaccine (other than egg proteins), should not get that vaccine. People with a history of severe reaction to the flu vaccine. 	<p><u>Children:</u></p> <ul style="list-style-type: none"> Younger than 2 years old. Age 2 through 17 years old who are receiving aspirin- or salicylate-containing medications. Children 2-4 years who have asthma or who have had a history of wheezing in the past 12 months. <p><u>Adults:</u></p> <ul style="list-style-type: none"> 50 years and older. People who care for or are close contacts of severely immunocompromised persons. Pregnant people. <p><u>People with:</u></p> <ul style="list-style-type: none"> Severe or life-threatening allergic reaction to any ingredient in the nasal spray vaccine (other than egg proteins) History of severe reaction to any flu vaccine Weakened immune systems due to any cause. Cerebrospinal fluid (CSF) leaks. Cochlear implants.
For BOTH Versions	<ul style="list-style-type: none"> People with egg allergy may get ANY vaccine (egg-based or non-egg-based) that is otherwise appropriate for their age and health status. Yearly vaccinations in the early fall are recommended. 	

Symptoms of influenza include:

- Fatigue
- Nasal congestion
- Cough
- Headache
- Sore throat
- Body aches
- Chills
- Fever
- Vomiting or diarrhea (more common in children)

Flu Vaccine FAQ

Is the Flu vaccine safe?

- Yes! The flu vaccine has been given to hundreds of millions of people for more than 50 years and has shown a very good safety record. Extensive research supports the safety of seasonal flu vaccines. Each year, the Centers for Disease Control (CDC) works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

What are the most common side effects of the flu vaccine?

- **Flu shots** are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get the flu from a flu shot. **Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.**
- The viruses in **nasal spray flu vaccines** are weakened and do not cause the severe symptoms often associated with influenza illness. **For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.**
- If these symptoms develop they are likely to be mild, lasting 1-2 days. This is not the flu, rather your immune system learning how to fight off the virus.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive the flu vaccine have no serious problems from it.

Can you get the flu from the flu vaccine?

- No! Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.
 - You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness.
 - You might have been exposed to the flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
 - You may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating

Even if I get sick, won't I recover quickly?

- Not necessarily! Influenza can be serious and anyone can become sick with flu and experience serious complications.
- Older people, young children, pregnant people and people with medical conditions like asthma, diabetes, heart disease and lung disease are at especially higher risk from the flu.

Why do I need to get the flu vaccine every year?

- Flu viruses are constantly changing. Flu vaccines are updated each year to protect against the versions (or strains) of the virus that scientists predict will be most common in the upcoming season. Even if they do not match 100%, the vaccine will still provide protection against serious illness.
- A person's immune protection from the vaccine declines over time. Annual vaccination provides optimal protection.