

# Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Why get vaccinated?

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

### Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

## 2 Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn’t exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

## 3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.**

If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.

- **If you ever had Guillain-Barré Syndrome (also called GBS).**

Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

- **If you are not feeling well.**

It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.



## 4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get a flu shot do not have any problems with it.

**Minor problems** following a flu shot include:

- soreness, redness, or swelling where the shot was given
- hoarseness
- sore, red or itchy eyes
- cough
- fever
- aches
- headache
- itching
- fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

**More serious problems** following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barré Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 or 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure.

**Problems that could happen after any injected vaccine:**

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

## 5 What if there is a serious reaction?

**What should I look for?**

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

**What should I do?**

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling **1-800-822-7967**.

*VAERS does not give medical advice.*

## 6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382** or visiting the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). There is a time limit to file a claim for compensation.

## 7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636 (1-800-CDC-INFO)** or
  - Visit CDC's website at [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement  
Inactivated Influenza Vaccine

08/07/2015

42 U.S.C. § 300aa-26

Office Use Only



# INFLUENZA VACCINE 2017-2018 HEALTH SCREEN & PERMISSION FORM

NPI: \_\_\_\_\_

School Name: \_\_\_\_\_

Full Name:		Date of Birth: / /	Age:	Gender: <input type="checkbox"/> M <input type="checkbox"/> F
Street Address:		Town/City:	Zip Code:	Daytime Phone:
Grade:	Teacher:		School Administrative Unit (District)	

Is this person an American Indian or an Alaskan Native?  yes  no

Is this person uninsured?  yes  no

Is this person insured by MaineCare (Medicaid)?  yes  no

MaineCare ID #: \_\_\_\_\_

Private Insurance?  yes  no

Name of Insurance Company: \_\_\_\_\_

ID Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

Subscriber Name: \_\_\_\_\_ Subscriber Date of Birth: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Please answer the following questions about the person named above.** Comments may be written on the back of this form.

	<u>YES</u>	<u>NO</u>
1) Does this person have a severe (life-threatening) allergy to eggs?		
2) Has this person ever had a severe reaction to an influenza immunization in the past?		
3) Has this person ever had Guillain-Barre Syndrome?		

**If you answered "yes" to any questions 1-3, please see your healthcare provider for influenza vaccination**

**PERMISSION TO VACCINATE**

- I was given a copy of the Influenza (Flu) Vaccine Information Statement, I have read this or had this explained to me and I understand the benefits and risks of the Influenza vaccine.
- I give permission for a record of this vaccination to be entered into the ImmPact Registry.
- I give permission for information to be used to bill MaineCare or private insurance for the cost of providing the vaccine
- I give my consent for this person to receive the most appropriate vaccine, as determined by the health care clinic staff.
- **I give permission for the flu vaccine to be given to the person named above by signing below.**

**X** \_\_\_\_\_ Date: \_\_\_\_\_

**Signature of parent or guardian if person to be vaccinated is a minor or Signature of adult to be vaccinated**

Printed Name of Parent or Guardian: \_\_\_\_\_

**FOR OFFICE USE ONLY:**

Date Dose Administered	Vaccine Manufacturer	Lot Number	Dose Volume	Signature and Title of Vaccinator	Body Site	Route	VIS date
/ /						<input type="checkbox"/> IM single dose <input type="checkbox"/> IM multi vial	State Supplied Y      N

# After the Shot.....

## What to do if your child has discomfort

*Your child may need extra love and care after getting shots. Many of the shots that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have about the fussiness, fever, and pain their child may experience after they have been immunized.*

### **My child has been fussy since getting the shot. What should I do?**

After a vaccination, children may be fussy or cranky because of pain or fever. Follow your health care provider's instruction for giving pain or fever reducing medicine. **Do not give aspirin.** If the fussiness lasts for more than 24 hours, call your doctor or the nearest hospital emergency department.

### **My child's arm is swollen, hot, and red. What should I do?**

There are several things you can do to help make your child more comfortable.

- Apply a clean, cool, wet washcloth over the sore area, as needed for comfort.
- If there is increasing redness or tenderness after 24 hours, call your doctor or the nearest hospital emergency department.
- Follow your healthcare provider's instructions for giving pain or fever reducing medicine. **Do not give aspirin.**

### **I think my child has a fever. What should I do?**

Check your child's temperature to find out if there is a fever. An easy way to do this is by taking a temperature in the armpit using a digital thermometer. Here are some things you can do to help reduce the fever:

- Give your child plenty to drink.
- Dress your child lightly.
- Sponge your child in a few inches of lukewarm (not cold) bath water.
- Give fever or pain reducing medicine based on dosing instructions on the package. **Do not give aspirin.** Recheck your child's temperature after 1 hour. Continue to give the medicine for 1-3 days, as needed, based on the instructions on the medicine package.

### **My child seems really sick. Should I call the doctor?**

If you are worried **at all** about how your child looks or feels, call your healthcare provider or the nearest emergency department!

**Information Sheet for Parents:  
Determining the Number of Seasonal Influenza Vaccinations  
for Children Younger Than 9 Years Old**

If your child is younger than 9 years old, the number of seasonal flu vaccines your child needs in order to be protected from the flu in the 2014-15 season depends on your child's previous vaccination history.

Please answer the following question to find out if your child needs one (1) or two (2) doses of 2014-2015 Seasonal Influenza Vaccine. If your child needs two doses of vaccine, check with your school about second doses or with your child's health care provider.

**1. Did this child ever receive influenza vaccine?**

NO or NOT SURE ► Child should receive **2 doses** this season administered a minimum of four weeks apart

YES ► Go to Question 2

**2. Did this child receive a total of 2 or more doses of seasonal influenza vaccine since July 1, 2011?**

NO or NOT SURE ► Child should receive **2 doses** this season administered a minimum of four weeks apart\*

YES ► Child should receive **1 dose** this season

\* This algorithm takes into consideration only doses of seasonal influenza vaccine received since July 1, 2011. However children aged 6 months through 8 years may need only 1 dose of vaccine in 2013-14 if they have received **any** of the following:

- 1) 2 or more doses of seasonal influenza vaccine since July 1, 2011;
- 2) 2 or more doses of seasonal influenza vaccine before July 1, 2011, and 1 or more doses of monovalent 2009 (H1N1) vaccine; or
- 3) 1 or more doses of seasonal influenza vaccine before July 1, 2011, and 1 or more doses of seasonal influenza vaccine since July 1, 2011.

Children in this age group for whom one of these conditions is not met require 2 doses in 2014-2015.