

Influenza

- Influenza is a serious and very contagious disease
- Infected people transmit the virus by coughing, sneezing and hands contaminated by respiratory secretions
- Influenza is seasonal, usually peaking between December and April
- New virus strains emerge annually, thus vaccination is recommended annually
- Influenza and the common cold are not the same. Influenza often causes: fever, headache, loss of appetite, muscular ache and dry cough, lasting 5 to 10 days
- Individuals with medical health problems and the elderly who are infected with the influenza virus may develop further complications such as pneumonia

Influenza Vaccine

- 70% prevention in healthy adults
- If not prevented, severity of illness often reduced
- 90% prevention against pneumonia
- Reduces risk of transmitting influenza to family, co-workers, the elderly and those living with a chronic health condition
- Prevents illness and absence from work
- Improves productivity
- Increased immunity means less transmission and infection

Risk / Possible Side Effects

- The vaccine itself will not cause influenza
- Most people either have no or only mild reactions
- Soreness at the injection site is the most common reaction, rarely fever or muscular aches
- Possible effects may last 24 - 48 hours

SPECIAL NOTICE

You should not receive the vaccine if you have:

- An active illness or fever or undergoing tests for an unknown medical condition.
- An allergy to chicken, eggs, egg products, sucrose, neomycin, gentamicin or kanamycin
- A known sensitivity to thimerosal (a preservative used in many vaccines), formaldehyde or gelatin.

We Care does NOT vaccinate those who are pregnant (think they may be pregnant) or breast feeding.

If you have an active neurological condition, a bleeding disorder, or if you have a history of Guillain-Barré Syndrome (GBS) or Oculo-Respiratory Syndrome (ORS), talk to your physician before having the vaccination. If you have any of these conditions, please bring a written order from your physician authorizing the vaccination.

There is a possibility, as with any vaccine or drug, that an allergic reaction or other serious reaction could occur. If you should develop a high fever, or unexpected or prolonged side effects (numbness, bruising, skin rash, urinary symptoms) lasting more than 48 hours after having the vaccination, contact your physician.

Client Information

Location: _____ Phone Number: _____

Day: _____ Hour: _____

Note: • Please arrive 5 to 10 minutes before your appointment.

- You will be required to stay 15 minutes after you receive the influenza vaccination.