

Influenza Vaccine



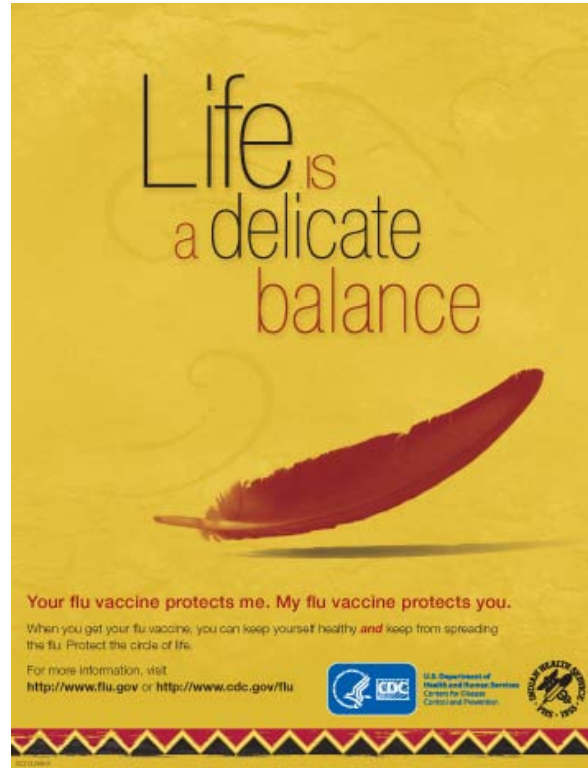
Life is a delicate balance.

Your flu vaccine protects me.
My flu vaccine protects you.

Even healthy people can get the flu, and it can be serious. Everyone 6 months and older should get a flu vaccine.

Help protect Alaska from the flu. Get vaccinated.

For more information, visit <https://www.flu.gov>

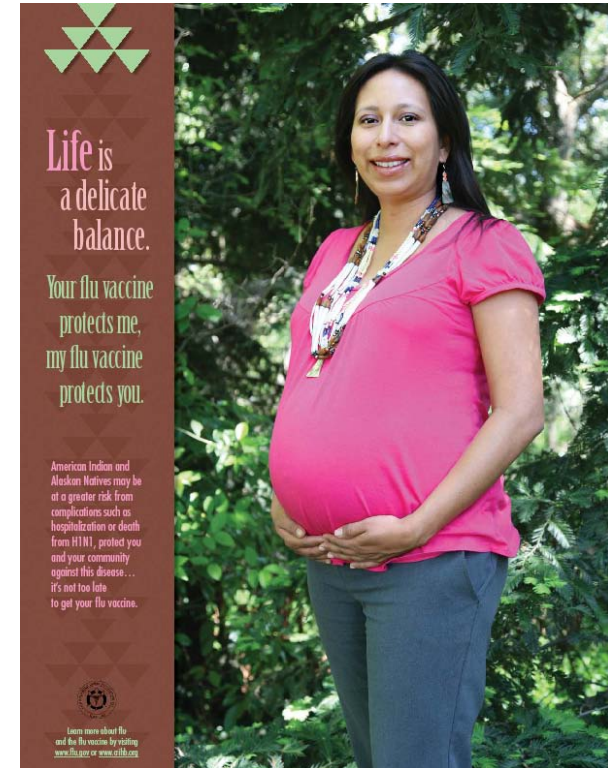



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Your flu vaccine protects me. My flu vaccine protects you.

When you get your flu vaccine, you can keep yourself healthy *and* keep from spreading the flu. Protect the circle of life.

For more information, visit <http://www.flu.gov> or <http://www.cdc.gov/flu>




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Your flu vaccine protects me,
my flu vaccine protects you.

American Indian and Alaskan Natives may be at a greater risk from complications such as hospitalization or death from H1N1, protect you and your community against this disease... it's not too late to get your flu vaccine.

Learn more about flu and the flu vaccine by visiting www.flu.gov or www.cdc.gov



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Did you know?

- 3,000 to 48,000 people die from flu-related complications each year
- More than 220,000 people are hospitalized from flu complications
- During the 2009 H1N1 pandemic, AI/AN people were 4 times more likely to die from H1N1 than other race/ethnic groups*

*CDC. Deaths Related to 2009 Pandemic Influenza A (H1N1) Among American Indian/Alaska Natives (AIAN) — 12 States, 2009. MMWR 2009;58:1341-44.

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What is the flu?

- The flu (influenza) is an infection of the nose, throat, and lungs that is caused by influenza virus
- Most people with flu are sick for about a week
- Some people can get very sick and some can die
 - Especially young children, pregnant women, older people, and people with chronic health problems

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- Most people with the flu...
 - feel tired
 - have a headache
 - have a sore throat
 - have a runny or stuffy nose
 - have a fever
 - have a dry cough
 - have sore muscles
- Some people, especially children, may also have stomach problems and diarrhea
- Cough can last two or more weeks

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What should I do if I get the flu?

- Stay home and avoid contact with other people.
- Most people with the flu have mild illness and do not need medical care or antiviral drugs.
- However, some people may develop severe illness from the flu. Know the warning signs.
- Anyone concerned about their illness should consult a health care provider.

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Emergency Warning Signs in Children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

If you see these signs, get medical care right away

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Emergency Warning Signs in Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

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If you see these signs, get medical care right away

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How do flu viruses spread?

- Mainly from person to person through coughing or sneezing of people with the flu
- By touching something with flu viruses on it and then touching your mouth or nose
- You can spread the flu before you even know you are sick.
 - You can infect others 1 day before you know you are sick and up to 5 days after becoming sick.

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Influenza is highly contagious.



Preventing the flu

1. Get vaccinated every year

- Everyone 6 months and older should get a flu vaccine.
- Get vaccinated as soon as vaccine is available.
- Getting vaccine even in December or January can help, as some years flu season doesn't start until February or March.

A flu vaccine is the best way to protect against the flu

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Preventing the flu

2. Stop Germs: Take Action

- Cover your nose and mouth with a tissue when you cough or sneeze
 - Throw the tissue away after you use it
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
 - Wash hands for as long as it takes to sing the Happy Birthday song twice
 - Gels should be rubbed into your hands until they are dry
- Stay away as much as you can from people who are sick
- If you get the flu, stay home from work
 - Do not go near other people, so you don't make them sick
- Try not to touch your eyes, nose, or mouth. Germs often spread this way

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Preventing and Treating the Flu

3. Antiviral drugs: Take antiviral drugs if your doctor says you need them

- Must be prescribed by a health care provider
- If you develop flu-like symptoms or are exposed to the flu before you get a flu vaccine, your health care professional will decide whether you should take antiviral drugs
- Flu antiviral drugs can prevent infection or treat the flu
- For prevention, antiviral drugs are 70% to 90% effective in preventing infection
- For treatment, antiviral drugs should be started within 48 hours of getting sick

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Flu vaccines help...

- **Protect yourself**

- Reduces sick days by 28%

- **Protect your family**

- If you are infected with influenza at work, you will also expose your family
- Children < 6 months of age cannot get vaccinated. Everyone around them should get vaccinated.
- Pregnant women who are vaccinated pass this protection on to their newborn babies

- **Protect others around you**

- Patients, co – workers, etc.

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- Is the vaccine safe?

YES

- You **cannot** get the flu from the vaccine
- The vaccine has been used for 50 years and has been given to hundreds of millions of people.
- Persons with chronic illnesses CAN and SHOULD receive influenza vaccine
- Pregnant women CAN and SHOULD receive influenza vaccine

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- **What's all the fuss? I thought H1N1 was last year. Regular flu isn't that serious.**
 - Flu is unpredictable and can be severe.
 - Many different flu viruses circulate every year, and can cause between 3,000 and 48,000 deaths.
 - Last season, the H1N1 flu virus was the most common, and it could come back.
 - Even people who were vaccinated last year should get vaccinated this year and every year.

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- **I got vaccinated last year, do I need to get vaccinated again this year?**

YES

- Flu viruses change every year.
- The vaccine also changes every year to protect against new flu viruses. That is why you need to get a flu vaccine every year.
- This year's flu vaccine protects against H1N1 as well as 2 other flu viruses that can cause serious illness and death.

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- I am afraid of needles. Is there any other vaccine I can take?

YES

- A nasal spray is available for healthy* people 2-49 years of age
- Nasal spray is not available for pregnant women

* *A healthy person is someone who does not have a medical condition(e.g. asthma, diabetes, etc.) that may lead to influenza complications*

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- **I am very busy and don't have time to make an appointment at the clinic. Where can I get a flu vaccine?**

- Flu vaccine is available at your facility.
- Most facilities offer the flu vaccine free of charge for all healthcare personnel.
- You can also get vaccinated at many pharmacies for a low fee (\$20 – \$30)
 - Visit the Flu Vaccine Finder at www.flu.gov to find out where you can get vaccinated.

Please contact your Employee Health Nurse and/or Infection Control Coordinator for more information

Influenza Educational Resources

- IHS Website – Information specific to IHS, resource materials for AI/AN people

www.ihs.gov/flu

- CDC Website - Free resources section with E-cards, posters, flyers.

www.cdc.gov/flu

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