

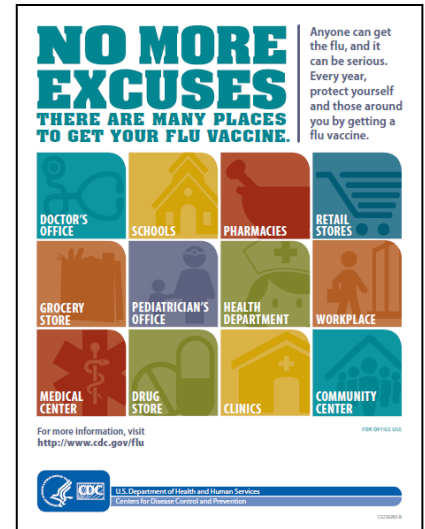
Make It Your Business To Fight The Flu

Promoting the Seasonal Influenza Vaccine

Print Materials

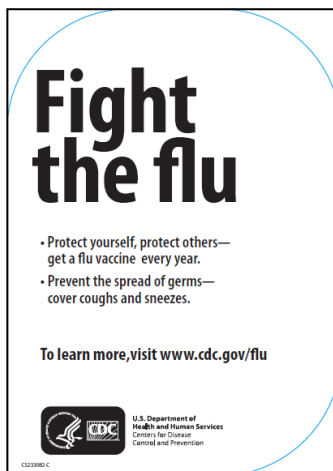
I Can't Miss Work Because of the Flu (Flyer)

<http://www.cdc.gov/flu/pdf/freeresources/updated/cannot-miss-work-flu-flyer.pdf>



No More Excuses, There Are Many Places To Get Your Flu Vaccine (Flyer)

<http://www.cdc.gov/flu/pdf/freeresources/updated/vaccine-locations-flyer.pdf>



Fight the flu, Post on business windows and restroom mirrors (Flyer)

<http://www.cdc.gov/flu/pdf/freeresources/general/flu-cling-sticker.pdf>



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Print Materials

Flu & You

http://www.cdc.gov/flu/pdf/freeresources/updated/fluandyou_press.pdf
(Brochure)



Everyday Preventive Actions

http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf
(Fact Sheet)

Vaccine Information Statements (VIS):

Inactivated Influenza Vaccine: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.html>

Live, Intranasal Influenza Vaccine: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/fluive.html>

VACCINE INFORMATION STATEMENT

Influenza Vaccine

What You Need to Know

1 Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every winter, 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, but the risk of getting the flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

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

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions—such as heart, lung or kidney disease, nervous system disorders, or a weakened immune system. Flu vaccination is especially important for these people, and anyone in close contact with them.

Flu also leads to pneumonia, and make existing medical conditions worse. It can cause diarrhea and vomiting in children.

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

Flu vaccine is the best protection against the flu and its complications. Flu vaccine also helps prevent spreading the flu from person to person.

2 Inactivated and recombinant flu vaccines

You are getting an inactivated flu vaccine, which is either an "inactivated" or "recombinant" vaccine. These vaccines do not contain any live influenza virus. They are given by injection with a needle, and often called the "flu shot."

A different, live, attenuated (weakened) influenza vaccine is injected into the nostrils. This vaccine is described in a separate Vaccine Information Statement.

Flu Vaccine, Inactivated (Recombinant) 2014-2015

Flu vaccine is recommended every year. Some children 6 months through 8 years of age might need two doses during one year.

Flu viruses are always changing. Each year's flu vaccine is made to protect against 3 or 4 viruses that are likely to cause disease that year. The vaccine cannot prevent all cases of flu, but it is the best defense against the disease. It takes about 2 weeks for protection to develop after vaccination, and protection lasts several months to a year.

Some illnesses that we are not caused by influenza virus are often mistaken for flu. The vaccine will not prevent these illnesses. It can only prevent influenza.

Some inactivated flu vaccine contains a very small amount of a necessary blood preservative called thimerosal. Studies have shown that thimerosal in vaccines is not harmful, but the vaccine that do not contain a preservative are available.

3 Some people should not get this vaccine

Tell the person who gives you the vaccine:

- If you have any severe, life-threatening allergies. If you ever had a life-threatening allergic reaction after a dose of this vaccine, or have a severe allergy to any part of this vaccine, including (for example) an allergy to gelatin, antibiotics, or eggs, you may be advised not to get vaccinated. Most, but not all, types of the vaccine contain a small amount of egg protein.
- If you ever had Guillain-Barre syndrome (a severe paralyzing illness, 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 this vaccine when you have a mild illness, but you might be advised to wait until you feel better. You should come back when you are better.

VACCINE INFORMATION STATEMENT

Influenza Vaccine

What You Need to Know

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Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get flu, but the risk of getting the flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

- fever/chills
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Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions—such as heart, lung or kidney disease, nervous system disorders, or a weakened immune system. Flu vaccination is especially important for these people, and anyone in close contact with them.

Flu also leads to pneumonia, and make existing medical conditions worse. It can cause diarrhea and vomiting in children.

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

Flu vaccine is the best protection against the flu and its complications. Flu vaccine also helps prevent spreading the flu from person to person.

2 Live, attenuated flu vaccine—LAIV, Nasal Spray

You are getting a live, attenuated influenza vaccine (called LAIV), which is spread into the nose.

"Attenuated" means weakened. The viruses in the vaccine have been weakened so they won't give you the flu.

There are other "inactivated" and "recombinant" flu vaccines that do not contain live virus. These "flu shots" are given by injection with a needle.

Flu Vaccine, Live, Intranasal 2014-2015

Flu vaccine is recommended in a separate Vaccine Information Statement.

Flu vaccination is recommended every year. Some children 6 months through 8 years of age might need two doses during one year.

Flu viruses are always changing. Each year's flu vaccine is made to protect against 3 or 4 viruses that are likely to cause disease that year. LAIV protects against 4 different influenza viruses. The vaccine cannot prevent all cases of flu, but it is the best defense against the disease. It takes about 2 weeks for protection to develop after vaccination, and protection lasts several months to a year.

Some illnesses that we are not caused by influenza virus are often mistaken for flu. The vaccine will not prevent these illnesses. It can only prevent influenza.

LAIV may be given to people 2 through 49 years of age. It may rarely be given at the same time as other vaccines.

LAIV does not contain thimerosal or other preservatives.

3 Some people should not get this vaccine

Tell the person who gives you the vaccine:

- If you have any severe, life-threatening allergies, including (for example) an allergy to gelatin or antibiotics. If you ever had a life-threatening allergic reaction after a dose of the vaccine, or have a severe allergy to any part of this vaccine, you should not get vaccinated.
- If you ever had Guillain-Barre syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
- If you have any long-term health problems, such as certain heart, breathing, kidney, liver, or nervous system problems, you should ask your doctor if you should get LAIV.

More Print Materials for Businesses and Employers:

<http://www.cdc.gov/flu/freeresources/print-businesses.htm>

