

# IT'S NOT TOO LATE TO VACCINATE

» The Centers for Disease Control and Prevention (CDC) cites annual vaccination as the best protection against influenza<sup>1</sup> which results in



**~16 to 64 MILLION**  
infected people<sup>2,3\*</sup>



**>31 MILLION**  
physician visits<sup>4†</sup>



**111 MILLION**  
lost workdays at an estimated  
\$7 billion/year in sick days  
and lost productivity<sup>5†</sup>



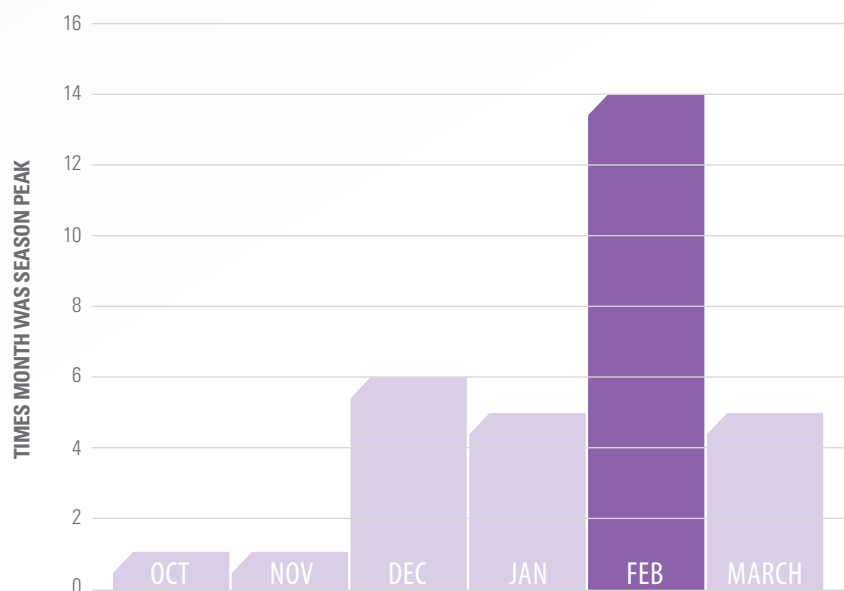
**>200,000**  
hospitalizations<sup>6</sup>

\*These figures are based on 2015 census data.<sup>2</sup>

†Estimated costs based on 2003 population demographics and expressed in 2003 US dollars.<sup>4</sup>



## INFLUENZA ACTIVITY USUALLY PEAKS IN FEBRUARY

PEAK MONTH OF INFLUENZA ACTIVITY, 1982-83 THROUGH 2013-14<sup>7</sup>



The CDC encourages vaccination to begin as soon as vaccines are available and  
**TO CONTINUE THROUGHOUT THE INFLUENZA SEASON<sup>1</sup>**

# PLEASE PROVIDE INFLUENZA VACCINATION OPTIONS

	 <b>NASAL SPRAY</b>	 <b>SHOT</b>
How is it administered?	One spray in each nostril <sup>8</sup>	Injection by needle <sup>14</sup>
Does it cause the flu?	No <sup>9</sup>	No <sup>14</sup>
How often do you get it?	Once a year <sup>10*</sup>	Once a year <sup>14*</sup>
Is it preservative free (mercury and thimerosal)?	Yes <sup>9</sup>	Varies <sup>15</sup>
Is it latex free?	Yes <sup>11</sup>	Varies <sup>11</sup>
What are the possible side effects?	In children: runny nose, headache, wheezing, vomiting, muscle aches, and fever <sup>9</sup> In adults: runny nose, headache, sore throat, and cough <sup>9</sup>	Soreness, redness, or swelling at injection site, fever, and body aches <sup>14</sup>
Who can get the vaccine?	Eligible people 2-49 years old <sup>10</sup>	People 6 months or older, depending on the product <sup>14</sup>
Who should NOT get the vaccine?	Children younger than 2 years; adults 50 years of age and older; people with a history of severe allergic reaction to any component of the vaccine or to a previous dose of any influenza vaccine; people who are allergic to eggs; children or adolescents (2-17 years of age) on long-term aspirin treatment; pregnant women; people with weakened immune systems (immunosuppression); children 2-4 years of age who have asthma or who have had a history of wheezing in the past 12 months; people who have taken influenza antiviral drugs in the previous 48 hours; and people who care for severely immunocompromised persons who require a protective environment (or otherwise avoid contact with those persons for 7 days after getting the nasal spray vaccine) <sup>10</sup>	Children younger than 6 months are too young to get a flu shot; people with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine (including gelatin, antibiotics, or other ingredients) <sup>16</sup>
How many strains does it help protect against?	Four <sup>10</sup>	Three or four <sup>14</sup>
How does it help protect?	Produces antibodies in the nose (where the flu typically starts), and continues into your cells and bloodstream <sup>8,12,13</sup>	Produces antibodies in the bloodstream to help build immunity <sup>1</sup>
When does immunity occur?	About 2 weeks <sup>9</sup>	About 2 weeks <sup>1</sup>

\* Some young children may require 2 doses of the vaccine. Your healthcare provider will advise you.<sup>9</sup>

## VACCINATION OPTIONS HELP PROTECT AGAINST INFLUENZA

**References:** **1.** Centers for Disease Control and Prevention. Key facts about seasonal flu vaccine. <http://www.cdc.gov/flu/protect/keyfacts.htm>. Accessed May 14, 2015. **2.** U.S. Census Bureau. U.S. and world population clock. <http://www.census.gov/popclock/>. Accessed September 28, 2015. **3.** Centers for Disease Control and Prevention. Seasonal Influenza Q&A. <http://www.cdc.gov/flu/about/qa/disease.htm>. Accessed August 28, 2015. **4.** Molinari NA, Ortega-Sanchez IR, Messonnier ML, et al. The annual impact of seasonal influenza in the US: Measuring disease burden and costs. *Vaccine*. 2007;25(27):5086-5096. **5.** Centers for Disease Control and Prevention. Seasonal Influenza (Flu) in the Workplace. <http://www.cdc.gov/niosh/topics/flu/activities.html>. Accessed April 8, 2015. **6.** Thompson WW, Shay DK, Weintraub W, et al. Influenza-associated hospitalizations in the United States. *JAMA*. 2004;292(11):1333-1340. **7.** Centers for Disease Control and Prevention. The Flu Season. <http://www.cdc.gov/flu/about/season/flu-season.htm>. Accessed August 13, 2015. **8.** FluMist Quadrivalent [package insert]. Gaithersburg, MD: MedImmune. **9.** Centers for Disease Control and Prevention. Vaccine information statement. Influenza (flu) vaccine (live, intranasal): what you need to know. <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu-live.pdf>. Accessed September 17, 2015. **10.** Centers for Disease Control and Prevention. Live Attenuated Influenza Vaccine [LAIV] (The Nasal Spray Flu Vaccine). <http://www.cdc.gov/flu/about/qa/nasalspray.htm>. Accessed September 17, 2015. **11.** American Latex Allergy Association. 2014-15 flu vaccine information. <http://latexallergyresources.org/news/2014-15-flu-vaccine-information>. Accessed September 17, 2015. **12.** Belshe RB, Gruber WC, Mendelman PM, et al. Correlates of immune protection induced by live, attenuated, cold-adapted, trivalent, intranasal influenza virus vaccine. *J Infect Dis*. 2000;181(3):1133-1137. **13.** Treanor JJ, Kotloff K, Betts RF, et al. Evaluation of trivalent, live, cold-adapted (CAIV-T) and inactivated (TIV) influenza vaccines in prevention of virus infection and illness following challenge of adults with wild-type influenza A (H1N1), A (H3N2), and B viruses. *Vaccine*. 2000;18(9-10):899-906. **14.** Centers for Disease Control and Prevention. Seasonal flu shot. <http://www.cdc.gov/flu/about/qa/flu-shot.htm>. Accessed September 17, 2015. **15.** Centers for Disease Control and Prevention. TABLE. Influenza vaccines — United States, 2015–16 influenza season. <http://www.cdc.gov/flu/protect/vaccine/vaccines.htm>. Accessed September 17, 2015. **16.** Centers for Disease Control and Prevention. Vaccination: Who Should Do It, Who Should Not and Who Should Take Precautions. <http://www.cdc.gov/flu/protect/whoshouldvax.htm>. Accessed September 17, 2015.