THE IMPORTANCE OF THE INFLUENZA VACCINE

Education for All Staff
Symptoms of Influenza

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*cdc.gov
Influenza is NOT the Same as the Stomach Flu

- The flu shot protects against influenza, which isn't the same thing as the stomach flu (gastroenteritis). Gastroenteritis is an infection caused by a variety of viruses, including rotaviruses and noroviruses. Although it is often called the stomach flu, it is not caused by influenza viruses.

- Real flu (influenza) attacks your respiratory system — your nose, throat and lungs — causing fever, muscle aches, coughing and congestion. Gastroenteritis, on the other hand, attacks your intestines causing signs and symptoms such as watery diarrhea, nausea, vomiting and stomach cramps.

*mayoclinic.org*
How Harmful is Influenza?

- Influenza infection is associated with 36,000 excess deaths and more than 200,000 hospitalizations in the United States annually. It is the leading cause of vaccine-preventable death in the United States every year. The risk of complications associated with influenza is higher among older persons, young children, and patients with underlying medical conditions.

- Infected people may shed virus before symptoms develop, and health care workers often work while sick. Outbreaks of influenza in hospitals have been well described.

*Oxfordjournals.org*
How Influenza is Spread

- People with flu can spread it to others. Influenza viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are up to about 6 feet away or possibly be inhaled into the lungs. Less often, a person might get the flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

- Adults shed the infectious influenza virus at least one day before the symptoms appear.

*Flu.gov
What is the Flu Shot?

- The “flu shot” — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

- Seasonal flu vaccines have a very good safety track record. Although there are possible side-effects to vaccination, the Centers for Disease Control and Prevention and the Food and Drug Administration closely monitor the safety of seasonal flu vaccines.

*cdc.gov
*flu.gov
What is the Flu Shot?

- The standard flu vaccine (or, the “flu shot”) is made from flu viruses that have been grown on fertilized chicken eggs. The viruses are killed during manufacturing, a process known as “inactivation.” These inactivated viruses are a source of proteins or antigens that trigger a protective antibody response when the vaccine is injected into the arm or thigh muscle.

*pamf.org
Types of Vaccines

- Traditional flu vaccines are made to protect against three different viruses (called “trivalent” vaccines). These protect against two influenza A viruses and an influenza B virus.

- Flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines”) are also available. These protect against two influenza A viruses and 2 influenza B viruses.

*cdc.gov
What is Jameson Using?

- Jameson has the quadrivalent vaccine. It contains 4 strains of viruses and then inactive ingredients which are part of the manufacturing process. We have also purchased “latex free” syringes that contain no preservatives (thimerisol).
How Quickly are You Protected?

- It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

*flu.gov*
Benefits of the Flu Shot

- Flu vaccination can keep you from getting sick from flu. Protecting yourself from flu also protects the people around you who are more vulnerable to serious flu illness.
- Flu vaccination can help protect people who are at greater risk of getting seriously ill from flu, like older adults, people with chronic health conditions and young children (especially infants younger than 6 months old who are too young to get vaccinated).
- Flu vaccination also may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations and deaths.

*cdc.gov*
Side Effects of the Flu Vaccine

- The flu vaccine rarely causes serious adverse effects. The most common reaction to the flu shot is mild soreness at the site of the injection which is well tolerated.

- Flu-like symptoms, such as fever and muscle aches, occasionally occur 6-12 hours after receiving the flu shot and last one to two days. However, theses symptoms are very rare.

*cdc.gov*
Vaccine Should Be Mandatory for All Health Care Workers

- Annual influenza vaccination was first recommended for health care workers by the Advisory Committee on Immunization Practices in 1984.
- The Center for Disease Control (CDC), The Advisory Committee on Immunization Practices (ACIP), and the Healthcare Infection Control Practices Advisory Committee (HICPAC) also recommend that all U.S. health care workers get vaccinated annually against influenza.

*Oxfordjournals.org
*Flu.gov
Why Should the Flu Shot Be Mandatory?

- New flu vaccines are released every year to keep up with rapidly adapting flu viruses. Because flu viruses evolve so quickly, last year’s vaccine may not protect you from this year’s viruses.
- Influenza can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get sick from the flu.
- You can get the flu from anyone, including patients and coworkers who are sick with the flu.
- If you get the flu, you can spread it to others even if you don’t feel sick.
- By getting vaccinated, you can help protect yourself, your family at home, and also your patients at work from getting the flu.

*Mayoclinic.org
*cdc.gov
Research says…

- Health care workers who get vaccinated help to reduce the following:
  - transmission of influenza
  - staff illness and absenteeism
  - influenza-related illness and death, especially among people at increased risk for health care acquired influenza cases.

*Flu.gov*
Research Says…

- Higher vaccination levels among staff have been associated with a lower risk of health care acquired influenza cases.

*flu.gov
Influenza outbreaks in hospitals and long-term care facilities have been attributed to low influenza vaccination coverage among health care workers in those facilities.
Higher influenza vaccination levels among health care workers can reduce influenza-related illness, and even deaths, in settings like nursing homes.

*flu.gov
Who Should Get the Flu Vaccine?

- The CDC recommends annual influenza vaccinations for all U.S. health care workers for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including:
  - Pregnant women
  - Older adults
  - Young children

*Mayo clinic*
Who Shouldn’t Get the Flu Vaccine?

- **If you had a severe reaction to a previous flu vaccine** - The flu vaccine isn’t recommended for anyone who had a severe reaction to a previous flu vaccine.

- **People with a history of Guillain Barré Syndrome** (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine.

- **If you are severely allergic to eggs** - Some flu vaccines contain tiny amounts of egg proteins.

*Flu.gov*
Common Excuses for Not Wanting to Get Vaccinated

- People don’t want the flu shot because they heard it will give them the flu. Flu vaccines CANNOT cause the flu. The viruses in flu vaccines are either killed (the flu shot) or weakened (nasal-spray vaccine). –flu.gov

- They say it doesn’t really make a difference if they get the flu shot or not, but nothing could be further from the truth. It DOES make a difference. The Centers for Disease Control and Prevention estimates that vaccinations prevented 79,000 flu hospitalizations and 6.6 million flu-associated illnesses during the 2012-13 influenza season.

- “I’m not a candidate for the flu vaccine.” With rare exceptions, everyone 6 months and older should get the flu vaccine.

*cn.com
Common Excuses for Not Wanting to Get Vaccinated

- Some say they do not need the flu vaccine because they never get sick. Even if you don't get sick -- or only experience mild illness when you are sick -- others might not be as lucky. Infants, the elderly and people with multiple medical conditions or weakened immune systems may not be able to fight off Influenza as well as you do. Getting vaccinated not only protects you, but also helps protect others who may not be able to fight off illness as well as you.

- “I heard that the vaccine has side effects.” Side effects of flu vaccination are generally mild. If you get the flu shot, you might feel achy or have redness or soreness where the shot was given. If you get the nasal spray vaccine, you could get a stuffy nose or throat irritation.
Common Excuses for Not Wanting to Get Vaccinated

- “I’ve never had the flu vaccine before, so why should I get one now?” If you've never had a flu vaccine, it's definitely time to get one. It's time to change this. If you have never had the flu vaccine, go out and get one!

- It’s already December. Is it too late to get the flu vaccine? No, it's not too late. That it's December is even more of a reason to get your flu vaccine now. Flu activity tends to peak in January or February, and flu season can last as late as May. So there is plenty of time to receive benefits from the vaccine.
Every employee/affiliate needs to sign an influenza consent/declination form and return to Employee Health (Kathi Duncan).

If you receive your flu vaccine at another location, be sure to give Employee Health proof of vaccination.

Be sure to include your employee ID# on the form.
Declination Highlights

- I acknowledge that I am aware of the following facts:
  - Influenza is a serious respiratory disease that kills thousands of people in the United States each year.
  - Influenza vaccination is recommended for me and all healthcare workers to protect this facility’s patients from influenza, its complications, and death.
  - If I contract influenza, I can shed the virus for 24 hours before influenza symptoms appear. My shedding the virus can spread influenza to patients in this facility.
- If I become infected with influenza and even if my symptoms are mild or non-existent I can spread it to others and they can become seriously ill.

- I understand that the strains of virus that cause influenza infection change almost every year and, even if they don’t change, my immunity declines over time. This is why vaccination against influenza is recommended each year.

- I understand that I cannot get influenza from the influenza vaccine.
The consequences of my refusing to be vaccinated could have life-threatening consequences to my health and the health of those with whom I have contact, including:

- All patients in this healthcare facility
- My coworkers
- My family
- My community

Close this window to take the test