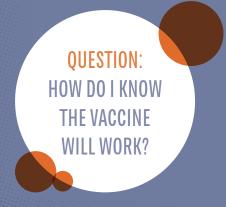
DISCUSSING THE FLU VACCINE: COMMON QUESTIONS & ANSWERS

Making sure that patients understand the importance of flu vaccination can be a challenging task. These conversation points can help you alleviate their concerns and point them in the right direction—toward getting vaccinated against this serious and sometimes deadly disease.¹

QUESTION: CAN I GET THE FLU FROM THE FLU VACCINE?





ANSWER:

- You can't get the flu from the flu vaccine—you can get the flu from someone else²
- Flu vaccines are made with viruses that are inactivated and not infectious or with no viruses at all²
- Common reactions to the flu vaccination may include²:
 - Soreness, redness, or swelling at the injection site,
 which generally lasts 1-2 days
 - Fever, headache, and muscle aches
- You may have been infected with the virus before you got the flu vaccination or before the vaccine had a chance to take effect (it can take up to 2 weeks)²

ANSWER:

- Even healthy people can get sick enough from the flu to miss substantial time from work or school—and some end up hospitalized³
- Even if you only get a mild case of the flu, you can pass it on to people you care about—especially those considered high risk for flu-related complications (eg, adults 65 years of age and older and those with certain medical conditions)⁴

ANSWER:

- The flu vaccine can still provide protection even if the vaccine is not a "good" match⁵
- Antibodies made in response to one vaccine can sometimes provide protection against different but related flu viruses⁵
- Even when the match is less than ideal, the Centers for Disease Control and Prevention still recommends flu vaccination for everyone 6 months of age and older⁵

UNDERSTANDING THE UNIQUE FLU RISKS ACROSS AGE GROUPS

Use the information below to provide age-specific guidance for your higher-risk patients.

These conversation points can help you educate them and point them in the right direction—toward getting vaccinated against this serious and sometimes deadly disease.¹



- The flu is more dangerous for **children** than the common cold⁶
- Children, especially those younger than 5 years of age, are at higher risk for serious flu-related complications⁶
- Vaccination is important for people around children to help prevent the spread to others⁶
- As **adults** age, their immune system begins to decline⁷
- Compared with younger adults, adults 50+ more frequently have medical conditions that are linked to flu complications^{4,8}
- Conditions such as diabetes and cardiovascular disease increase the risk of hospitalization and heart attacks when combined with the flu^{9,10}
- For **adults 65+**, the flu is linked to 4 major causes of hospitalization^{4,8}:

 Pneumonia COPD^a Heart disease Stroke
- 90% of flu-related deaths occur in adults 65+11
- The high-dose vaccine is designed specifically for adults 65+ and is associated with a stronger immune response following vaccination¹²

Every time you speak with patients during flu season—be sure to ask them whether or not they've received their flu vaccination.

SUPPORTING YOUR IMMUNIZATION EFFORTS TO HELP YOU PROTECT YOUR COMMUNITIES

References: 1. Centers for Disease Control and Prevention (CDC). Influenza (flu): flu symptoms & complications. https://www.cdc.gov/flu/consumer/symptoms. htm. Accessed July 6, 2018. 2. CDC. Influenza (flu): misconceptions about seasonal flu and flu vaccines. https://www.cdc.gov/flu/about/qa/misconceptions. htm. Accessed July 6, 2018. 3. CDC. No more excuses: you need a flu vaccine. https://www.cdc.gov/flu/pdf/freeresources/general/no-excuses-flu-vaccine-print.pdf. Accessed July 6, 2018. 4. CDC. Influenza (flu): people at high risk of developing flu-related complications. http://www.cdc.gov/flu/about/disease/high_risk.htm. Accessed March 22, 2018. 5. CDC. Influenza (flu): frequently asked flu questions 2017-2018 influenza season. https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm. Accessed July 11, 2018. 6. CDC. Influenza (flu): children, the flu, and the flu vaccine. https://www.cdc.gov/flu/protect/children.htm. Accessed July 6, 2018. 7. Monto AS, Ansaldi F, Aspinall R, et al. Influenza control in the 21st century: optimizing protection of older adults. Vaccine. 2009;27:5043-5053. 8. Wang C-S, Wang S-T, Lai C-T, Lin L-J, Chou P. Impact of influenza vaccination on major cause-specific mortality. Vaccine. 2007;25:1196-1203. 9. Hulme KD, Gallo LA, Short KR. Influenza virus and glycemic variability in diabetes: a killer combination? Front Microbiol. 2017;8:861.

10. Warren-Gash C, Blackburn R, Whitaker H, McMenamin J, Hayward AC. Laboratory-confirmed respiratory infections as triggers for acute myocardial infarction and stroke: a self-controlled case series analysis of national linked datasets from Scotland. Eur Respir J. 2018;51. doi:10.1183/13993003.01794-2017.

11. CDC. Estimates of deaths associated with seasonal influenza—United States, 1976-2007. MMWR. 2010;59(33):1057-1062. 12. CDC. Influenza (flu): what you should know and do this flu season if you are 65 years and older. http://www.cdc.gov/flu/about/disease/65over.htm. Accessed March 6, 2018.

^a COPD = Chronic obstructive pulmonary disease.