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District Health Department  
*Serving Fillmore, Gage, Jefferson, Saline, and Thayer counties.*

## FACT SHEET

# Key Facts About Influenza and the Influenza Vaccines

## What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent this illness is by getting a flu **vaccination** each fall.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from flu.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

## Symptoms of Flu

The flu usually starts suddenly and may include these symptoms:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

## Complications of Flu

Complications of flu can include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children may get sinus problems and ear infections.

## How Flu Spreads

Flu viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Adults may be able to infect others beginning 1 day **before** symptoms develop and up to 7 days **after** becoming sick. **That means that you can pass on the flu to someone else before you know you are sick, as well as while you are sick.**

## Preventing the Flu: Get Vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The "flu shot" -- an inactivated vaccine (containing killed virus) that is given with a needle. **The flu shot** is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray flu vaccine -- a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against influenza-like illnesses caused by other viruses.

## When to Get Vaccinated

October or November is the best time to get vaccinated, but getting vaccinated in December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

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## **Who Should Get Vaccinated?**

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu seasons when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices (ACIP) makes recommendations regarding priority groups for vaccination ([www.cdc.gov/flu/about/qa/flushot.htm](http://www.cdc.gov/flu/about/qa/flushot.htm)).

People who should get vaccinated each year are:

### **1. People at high risk for complications from the flu, including:**

- Children aged 6 months until their 5th birthday,
- Pregnant women,
- People 50 years of age and older,
- People of any age with certain chronic medical conditions, and
- People who live in nursing homes and other long term care facilities.

### **2. People who live with or care for those at high risk for complications from flu, including:**

- Household contacts of persons at high risk for complications from the flu (see above)
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)
- Health care workers.

### **3. Anyone who wants to decrease their risk of influenza.**

#### ***Use of the Nasal Spray Flu Vaccine***

Vaccination with the nasal-spray flu vaccine is an option for healthy persons aged 5-49 years who are not pregnant, even healthy persons who live with or care for those in a high risk group. The one exception is healthy persons who care for persons with severely weakened immune systems who require a protected environment; these healthy persons should get the inactivated vaccine.

## **Who Should Not Be Vaccinated**

Some people should not be vaccinated without first consulting a physician. They include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillain-Barré syndrome (GBS)

([www.cdc.gov/flu/about/qa/gbs.htm](http://www.cdc.gov/flu/about/qa/gbs.htm)) within 6 weeks of getting an influenza vaccine previously.

- Children less than 6 months of age (influenza vaccine is not approved for use in this age group).
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

If you have questions about whether you should get a flu vaccine, consult your health-care provider.

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu), or call CDC at 800-CDC-INFO (English and Spanish) or 888-232-6358 (TTY).