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2008–09 Influenza Vaccination Pocket Information Guide

Indications

Annual vaccination against influenza is recommended for:

- ◆ All persons, including school-aged children, who want to reduce their risk of becoming ill with influenza or of spreading it to others
- ◆ All children and teens ages 6 months through 18 years
- ◆ All persons age 50 years or older
- ◆ All children and teenagers receiving long-term aspirin therapy
- ◆ All women who will be pregnant during the influenza season
- ◆ Adults and children with any of the following conditions:
 - a chronic disorder of the pulmonary or cardiovascular system
 - a chronic disease of the blood, liver, or kidneys, immunosuppression (e.g., caused by medications, HIV), or diabetes
 - compromised ability to handle respiratory secretions or an increased risk for aspiration (e.g., cognitive dysfunction, spinal cord injury, seizure disorder, or other neuromuscular disorder)
- ◆ All residents of nursing homes or other chronic-care facilities
- ◆ All healthcare personnel
- ◆ All household contacts (including children) and caregivers of children ages 0–59 months (especially younger than 6 mos), adults 50 years and older, and persons having high-risk medical conditions
- ◆ Persons planning to travel to an area of the world with influenza activity (e.g., to the tropics at any time of the year)

Contraindications and Precautions

- ◆ Do not give influenza vaccine to a person who has had an anaphylactic reaction to eggs, to a previous dose of influenza vaccine, or to one of its components. Minor illnesses with or without fever do not contraindicate use of influenza vaccine.
- ◆ Do not give LAIV to persons who are younger than age 2 yrs, age 2 through 4 yrs with possible reactive airways disease (e.g., history of recurrent wheezing or a recent wheezing episode*), age 50 yrs or older, pregnant, or who have a chronic disease that constitutes an increased risk when exposed to influenza. TIV is preferred for persons who have close contact with severely immunosuppressed persons during periods when the immunocompromised person requires a protective environment.

**Ask parents of children 2–4 yrs: “In the past 12 months, has a healthcare provider ever told you that your child had wheezing or asthma?” If yes, do not give LAIV; instead give TIV.*

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**Healthcare workers—Protect your patients!
Get vaccinated and urge your patients to do so.
Your recommendation is a strong motivator!**

Vaccine Dosing and Administration

- TIV: Give 0.25 mL if age 6–35 mos; give 0.5 mL if age 3 yrs or older. Give IM with a 22–25g, 1–1½” needle. Choose vaccine according to patient’s age (i.e., FluZone: 6 mos and older; Fluvirin: 4 yrs and older; Afluria, Fluarix, and FluLaval: 18 yrs and older).
- LAIV (FluMist): Give 0.2 mL (0.1 mL sprayed into each nostril) to healthy non-pregnant persons ages 2 through 49 yrs.
- Give 2 doses to all children younger than age 9 yrs who are receiving influenza vaccine for the first time or who failed to receive the 2nd dose in the preceding year. Separate the 2 doses by at least 4 weeks.

Side Effects

- The most common side effects from TIV are soreness and redness at the injection site, lasting 1–2 days.
- The most common side effects from LAIV are runny nose and nasal congestion.

Talking Points with Patients

- Influenza is a serious respiratory disease caused by a virus. It is not the same as the common cold or an intestinal illness.
- An average of 36,000 deaths and more than 200,000 hospitalizations related to influenza occur in the U.S. each year, and 5–20% of the U.S. population gets infected.
- Vaccination is usually 70–90% effective in preventing influenza in healthy adults and children. Its effectiveness may be lower if the circulating influenza viruses are not matched by the vaccine strains, but vaccinated persons will likely have milder illness.
- Unvaccinated healthy people who get influenza can spread their infection to others who are most vulnerable to its complications.

Timing: Vaccination should begin as soon as vaccine becomes available and should continue until supply is depleted.

**Vaccinate all persons age 6 months and older
who want to reduce their likelihood of becoming ill
with influenza or transmitting it to others!**

Created by the Immunization Action Coalition (www.immunize.org)
in collaboration with the National Influenza Vaccine Summit (www.preventinfluenza.org)