



the FLU



WHO SHOULD GET A FLU (INFLUENZA) VACCINATION

2006-2007

The best time to receive a flu vaccination is between the months of October and January.

To find a flu (influenza) vaccination:

- ❖ Check with your usual health care provider
- ❖ Go to <http://flucliniclocator.org>
- ❖ Call 1-888-NO-TO-FLU (1-888-668-6358) M-F 9-3

Below are the groups who it is recommended receive the vaccination.

Persons at Increased Risk for Complications

Vaccination with **inactivated influenza vaccine** is recommended for the following persons who are at increased risk for severe complications from influenza:

- children aged 6--23 months;
- children and adolescents (aged 6 months--18 years) who are receiving 'long-term aspirin therapy and, therefore, might be at risk for experiencing Reye syndrome after influenza virus infection;
- women who will be pregnant, at any time, during the influenza season;
- adults and children who have chronic disorders of the pulmonary or cardiovascular systems, including asthma (hypertension is not considered a high-risk condition);
- adults and children who have required regular medical follow-up or hospitalization during the preceding year because of chronic metabolic diseases (including diabetes mellitus), renal dysfunction, hemoglobinopathies, or immunodeficiency (including immunodeficiency caused by medications or by human immunodeficiency virus [HIV]);
- adults and children who have any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration;
- residents of nursing homes and other chronic-care facilities that house persons of any age who have chronic medical conditions; and
- persons aged ≥ 65 years.

Vaccination with **inactivated influenza vaccine** also is recommended for the following persons because of an increased risk for influenza-associated clinic, emergency department, or hospital visits, particularly if they have a high-risk medical condition:

- children aged 24--59 months and
- persons aged 50--64 years.

Persons Who Live With or Care for Persons at High Risk for Influenza-Related Complications

In addition, to prevent transmission to persons identified above, vaccination with TIV or LAIV is recommended for the following persons, unless contraindicated:

- healthy household contacts and caregivers of children aged 0--59 months and persons at high risk for severe complications from influenza and
- health-care workers.

Persons Who Should Not Be Vaccinated with Inactivated Influenza Vaccine

Inactivated influenza vaccine should not be administered to persons known to have anaphylactic hypersensitivity to eggs or to other components of the influenza vaccine without first consulting a physician (see Side Effects and Adverse Reactions). Chemo prophylactic use of antiviral agents is an option for preventing influenza among such persons. However, persons who have a history of anaphylactic hypersensitivity to vaccine components but who also are at high risk for complications from influenza can benefit from vaccine after appropriate allergy evaluation and desensitization. Information regarding vaccine components is located in package inserts from each manufacturer. Persons with moderate-to-severe acute febrile illness usually should not be vaccinated until their symptoms have abated. However, minor illnesses with or without fever do not contraindicate use of influenza vaccine, particularly among children with mild upper-respiratory tract infection or allergic rhinitis.