

Help Protect Yourself & Your Family From The Flu

Get Vaccinated

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get the flu vaccine every year, as soon as it is available.¹

Why Get Vaccinated?

Influenza, also called “the flu,” is a serious, contagious disease, which can lead to illness, hospitalization, and even death. Some people think the flu is not serious, and yet, every year, more than 200,000 people — including children — are hospitalized from the flu.²

Getting vaccinated is the best way to protect yourself and your family from flu viruses and to help prevent the spread of influenza.



Who Should Get Vaccinated?³

The CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the U.S., meaning that everyone 6 months and older should be vaccinated every year. This includes parents, kids, grandparents, and other family members.

It’s especially important for the following people to get vaccinated, because they are at a high risk for developing complications from the flu:

- Children younger than 5, especially children younger than 2 (but not younger than 6 months)
- Older people, adults 50 and older
- Pregnant women
- People with some chronic medical conditions
- People who live in nursing homes or long-term healthcare facilities
- Healthcare workers
- Family members (household contacts) and out-of-home caregivers of babies less than 6 months old, since these babies are too young to get vaccinated and this will help prevent the spread of the virus to infants



Helping Families



Understand & Protect Against Influenza

When should my family get vaccinated?¹

The CDC recommends getting vaccinated as soon as the vaccine is available. The “flu season” can begin as early as October and it takes about 2 weeks from the time of vaccination for the vaccine to provide protection against influenza. That is why you should get the flu vaccine as soon as you can.

But, you can get the vaccination at any time throughout the flu season. Even getting vaccinated later in the season (December – March) can help protect you from getting the flu.

Does my family need to get the flu vaccine every year?¹

The CDC recommends getting vaccinated every year, whether or not you received the flu vaccine last season. Flu viruses change and new viruses can appear every year. The flu vaccines are formulated yearly for the changing flu viruses.

Even if you received the flu vaccine last year, your body’s level of immunity from last year’s shot is expected to have declined and you may not have enough immunity to be protected from the flu virus this year. That is why it is important to get vaccinated every year.

Why is it important for children to be vaccinated?⁴

Rates of infection are highest among children and school-age children are the main spreaders of the virus to other children, adults, and older people. Yearly vaccination is the best way to protect your child from getting the flu and spreading the flu virus to others.



¹ CDC. Seasonal Influenza (Flu) – What You Should Know for the 2012-2013 Influenza Season. Available at <http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm>. Accessed on January 10, 2013.

² CDC. Seasonal Influenza (Flu) – Q & A: Seasonal Influenza-Associated Hospitalizations in the United States. Available at: <http://www.cdc.gov/flu/about/qa/hospital.htm>. Accessed on January 10, 2013.

³ CDC. Seasonal Influenza (Flu) – Who Should Get Vaccinated Against Influenza. <http://www.cdc.gov/flu/protect/whoshouldvax.htm>. Accessed on January 10, 2013.

⁴ Glezen WP, Couch RB. Interpandemic influenza in the Houston area, 1974–76. *N Engl J Med.* 1978;298:587-592.



You Should Know:

- There are 2 types of flu vaccines:
The “flu shot” is given with a needle and contains an inactivated vaccine (killed virus).
Nasal spray flu vaccine (sometimes called LAIV or “live attenuated influenza vaccine”) is administered via the nose and contains a live, modified virus.
No one vaccine is right for everyone. So, talk to your doctor about which is best for each member of your family.
- You cannot get the flu from the flu vaccine. The viruses in the vaccines are made not to cause infection.
- Some people may experience some side effects from the vaccine (stuffy nose, fatigue, mild fever) but it is not the flu. These symptoms are minor and usually go away in a few days.
- The flu vaccines help protect you from the three influenza viruses that experts predict will be the most common during the flu season.

FOR MORE INFORMATION ON THE FLU, VISIT WWW.CDC.GOV/FLU/

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The Importance Of The Flu Vaccine For School-Aged Children

Facts About The Flu & School-Aged Children

According to the Centers for Disease Control and Prevention (CDC), children typically have the highest attack rates during community outbreaks of the flu.^{1,2}

Children serve as a major source of transmission of the flu within communities.²

Annual flu infection rates in children range from:^{2,3,4}

20-50%
during a typical
flu season

UP TO 77%
during outbreaks



If Your Child Gets The Flu, It Can Disrupt Your Family

For school-aged children, high attack rates of flu can cause significant disruption of usual activities at school and at home. It can also mean:⁵

For School-Aged Children

- Additional medical care visits and costs
- School absenteeism
- Increased antibiotic usage
- Increased over-the-counter medication usage

For Their Families

- Working parents may stay home to care for a sick child, causing parents to miss work and sometimes a paycheck.
- Sick children may transmit the flu to other family members, causing the others to be absent from school or work.

¹ CDC. MMWR. Prevention and Control of Influenza with Vaccines. Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2010. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5908a1.htm>. Accessed on May 21, 2013.
² Glezen WP, Couch RB. Interpandemic influenza in the Houston area, 1974-76. *N Engl J Med.* 1978;298(11):587-592. ³ Glezen WP, Keitel WA, Taber LH, Piedra PA, Clover RD, Couch RB. Age distribution of patients with medically-attended illnesses caused by sequential variants of influenza A/H1N1; comparison to age-specific infection rates, 1978-1979. *Am J Epidemiol.* 1991;133:296-304.
⁴ Dunn FL, Carey DE, Cohen A, Martin JD. Epidemiologic studies of Asian influenza in a Louisiana parish. *Am J Hyg.* 1959;70:351-371.
⁵ Neuzil KM, et al. Illness among school children during influenza season: effect on school absenteeism, parental absenteeism from work, and secondary illness in families. *Arch Pediatr Adolesc Med.* 2002;156:986-991.

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Understand & Protect Against Influenza



Vaccinating Children Can Help With “Community Immunity”

Immunizing enough individuals in a community to create a shield of protection that can provide secondary protection for individuals who have not been vaccinated results in “community immunity.” People do not get vaccinated for many reasons, including that they may be too young, too old, or that they have an underlying medical condition. In order for “community immunity” to be effective, enough people in the community (vast majority of the population) must be vaccinated.⁶

The illustrations from the National Institutes of Health (NIH) National Institute of Allergy and Infectious Disease (NIAID) at right show how “community immunity”⁷ works to control contagious diseases, like the flu.

If enough children can be vaccinated, potential benefits include the indirect effect of reducing flu among persons who have close contact with children and of reducing overall spread within communities.⁶

Vaccination At School

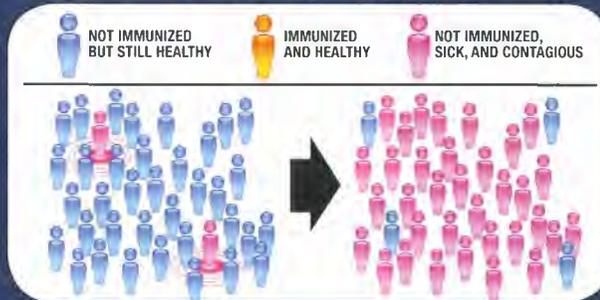
Schools can play an important role in helping to keep school-aged children healthy and in stopping the spread of the flu. Some of the benefits of school-located flu vaccination clinics are:⁸

- At schools, a large number of children can be vaccinated in a short period of time;
- Schools provide convenience, communication, and they have the trust of communities;
- Schools typically have the space and the ability to handle large numbers of students;
- School nurses know students and can help to administer different types of flu vaccines;
- School faculty and staff may be able to receive vaccines as well.

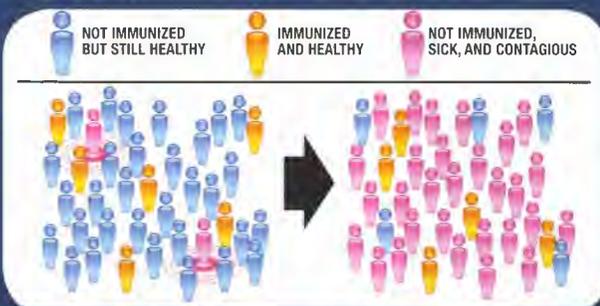
Talk to your school administrator or local health department about a school-located flu immunization program.

⁶ Nield LS, et al. Herd immunity: another good reason to vaccinate. *Consultant For Pediatricians*. 2009;8(10). ⁷ National Institutes of Health. Community Immunity (“Herd” Immunity). Available at: <http://www.niaid.nih.gov/topics/pages/communityimmunity.aspx>. Accessed on May 30, 2013. ⁸ CDC. Seasonal Influenza (Flu) – Influenza School-located Vaccination (SLV): Information for Planners. Available at: <http://www.cdc.gov/flu/school/planners.htm>. Accessed on May 30, 2013.

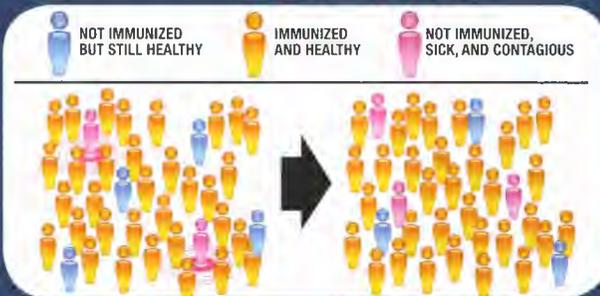
A COMMUNITY IN WHICH NO ONE IS IMMUNIZED AND AN OUTBREAK OCCURS⁷



A COMMUNITY IN WHICH SOME OF THE POPULATION IS IMMUNIZED BUT NOT ENOUGH TO CREATE “COMMUNITY IMMUNITY”⁷



A COMMUNITY WHERE ENOUGH OF THE POPULATION IS IMMUNIZED & MOST COMMUNITY MEMBERS ARE PROTECTED⁷



Help Protect Against The Flu

The single best way to protect against seasonal flu and its potential severe complications is for children to get a seasonal flu vaccine each year. The CDC recommends that everyone 6 months and older should get the flu vaccine every year, as soon as it is available.¹

FOR MORE INFORMATION ON THE FLU, VISIT WWW.CDC.GOV/FLU/

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Understanding THE FLU VACCINE

Did You Know?

- ▶ While we commonly refer to influenza as “the flu,” there are actually different types of influenza viruses that can cause outbreaks of the flu every year.
- ▶ Historically, the flu vaccine has been made from the three influenza viruses (trivalent = two A viruses and one B virus) that scientists predict will most likely cause infection during the flu season.
- ▶ There are two main types of influenza virus that can circulate every year, type A and type B, and there are two different lineages for the type B influenza virus.
- ▶ In the US, in six of the 12 flu seasons between 2001 and 2012, the lineage of the predominant influenza B virus was different from the one contained in the vaccine.^{1,2}
- ▶ Vaccines that help protect against all four influenza viruses contained in the vaccines (quadrivalent = two A viruses and two B viruses) will be available in the 2013–2014 flu season.



How Do Flu Vaccines Work?³

- ▶ Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.
- ▶ There are two types of flu vaccines:
 - **The “flu shot”** is given with a needle and contains an inactivated vaccine (killed virus).
 - **Nasal spray flu vaccine** (sometimes called LAIV or “live attenuated influenza vaccine”) is administered via the nose and contains a live, modified virus.

No single vaccine is right for everyone, so talk to your doctor about which is best for each member of your family.

According to the Centers for Disease Control and Prevention (CDC), vaccination is the best way to protect against the flu and the spread of infection.

Where Can I Get The Flu Vaccine?³

You can get the flu vaccine at many different locations, including:

- doctor’s offices
- pharmacies
- schools
- clinics
- local health departments
- urgent care clinics
- hospitals
- college health centers
- some employers



Helping Families



Understand & Protect Against Influenza

Influenza (the flu) is a serious, contagious disease that can cause illness, hospitalization, and even death. The best way to protect yourself and your family and to help stop the spread of the flu is to get vaccinated.

Do I need to get the flu vaccine every year?³

The CDC recommends getting vaccinated every year, whether or not you received the flu vaccine last season.

Flu viruses are constantly changing and new viruses can appear every year. The flu vaccines are formulated yearly for the changing flu viruses.

Get vaccinated early! The CDC recommends getting the vaccination as soon as the vaccine is available in your community. The flu season can begin as early as October and you can get the vaccination at any time throughout the flu season. Even getting vaccinated later in the season can help protect you and your family.

Can I get the flu even if I got the flu vaccine this year?³

How well flu vaccines work depends on the age and health of the person being vaccinated and the “match” between the viruses in the vaccine and the influenza viruses that are spreading and causing illness in the community.

Even if the viruses are not closely matched, the flu vaccine may help protect you and prevent flu-related complications. The antibodies made in your body in response to the vaccination can provide some protection against different, but related, influenza viruses — providing some protection against influenza illness.

1 CDC. Seasonal Influenza (Flu) - Activity Surveillance Reports: 1999-2000 to 2011-2012 Seasons. Available at: <http://www.cdc.gov/flu/weekly/pastreports.htm>. Accessed on February 8, 2013.

2 Shaw MW, Xiyan X, Yan L, et al. Rapid Communication. Reappearance and Global Spread of Variants of Influenza B/Victoria/2/87 Lineage Viruses in the 2000-2001 and 2001-2002 Seasons. *Virology*;303, 1-8 (2002)doi:10.1006/viro.2002.1719.

3 CDC. Seasonal Influenza (Flu) - Key Facts About Seasonal Flu Vaccine. Available at: <http://www.cdc.gov/flu/protect/keyfacts.htm>. Accessed on January 21, 2013.

Your family depends on you to stay healthy and care for them.

Make getting a yearly flu vaccine your healthy habit!



**TO LEARN MORE ABOUT THE FLU VACCINE, VISIT
WWW.CDC.GOV/FLU/PROTECT/KEYFACTS.HTM**

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