

2004–05 Influenza Vaccination Pocket Information Guide

Indications

Vaccination against influenza is recommended for **all** persons who meet the criteria below:

- ◆ Age 50 yrs or older
- ◆ Age 6 through 23 months
- ◆ Age 2 to 49 yrs with any of the following conditions:
 - a chronic disorder of the pulmonary or cardiovascular system, including asthma
 - a chronic disease of the blood, kidneys, or immune system (including HIV), or diabetes that has required medical follow-up or hospitalization in the preceding year
 - a woman who will be pregnant during the influenza season
 - a child or teenager receiving long-term aspirin therapy
- ◆ Residence in a nursing home or other chronic-care facility
- ◆ Likely to transmit influenza to persons at high risk, including
 - health care workers, caregivers, or household members in contact with persons having high-risk conditions
 - household contacts or out-of-home caretakers of children 0–23 mos of age

Any other person \geq 6 mos of age wishing to reduce the likelihood of becoming ill with influenza should be vaccinated.

Contraindications and Precautions

- ◆ Do not give influenza vaccine to a person who has had a serious reaction (e.g., anaphylaxis) 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.
- ◆ You can give live attenuated influenza vaccine (LAIV) to healthy, non-pregnant persons 5–49 yrs of age. Do not give LAIV to persons with chronic disease that constitutes an increased risk when exposed to wild influenza virus (e.g., asthma, heart and renal disease, diabetes). Trivalent inactivated influenza vaccine (TIV) is preferred for persons who have close contact with severely immunosuppressed persons during periods when the immunocompromised person requires a protective environment.

Vaccine Dosing and Administration

- TIV may be given to persons 6 mos of age. If age 6–35 mos, give 0.25 mL; if age 3 yrs, give 0.5 mL. Give IM with a 22–25g, 1" needle. (Fluzone® is approved for use in persons age 6 mos. Fluvirin™ is approved for 4 yrs only.)
- Healthy non-pregnant persons 5–49 yrs of age may receive LAIV 0.5 mL (0.25 mL sprayed into each nostril).
- Children younger than 9 yrs of age who are receiving influenza vaccine for the first time should receive 2 doses. For TIV, separate by 4 wks. For LAIV given to children 5–8 yrs of age, separate by 6 wks.

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 114,000 hospitalizations related to influenza occur in the U.S. each year.
- Vaccination is the best way to avoid getting influenza. Yearly, about 5–20% of persons in the U.S. get ill from influenza.
- Influenza vaccination is usually 70–90% effective in preventing influenza in healthy adults. 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 it to others who are vulnerable. By protecting yourself, you're also protecting the people you love!
- The best time to get influenza vaccine is during October or November. However, you can still benefit from the protection if you get vaccinated in December or later.

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