



# Department of Juvenile Justice

## 2008 Flu Vaccination Clinic Dates

Employees, Spouses and Children Welcome  
(Children must be 12 yrs old and had a flu vaccine previously)  
Tuesday, October 14th and Tuesday, November 18th  
11:00 am—1:00 pm

Room 1134, 1st Floor, Knight Building,  
\$25 per person (Make checks payable to Interim Health Care)

Please RSVP via email to Debra Morris, so we will have enough vaccine.

## VACCINATION IS THE KEY COMPONENT OF INFLUENZA PREVENTION

COMMONLY CALLED "THE FLU," INFLUENZA IS A VIRUS-INDUCED, CONTAGIOUS RESPIRATORY ILLNESS.

### Six for This Season

FDA has approved six vaccines for the 2008-2009 flu season. All are for use against influenza disease caused by influenza virus types A and B. Manufacturers of the six vaccines project about 146 million doses will be available for this influenza season, according to the U.S. Centers for Disease Control and Prevention .



### A Challenging Process

- ◆ Experts from FDA, CDC, the World Health Organization, and other institutions annually study virus samples and disease patterns collected worldwide in an effort to identify strains that may cause the most illness in the upcoming season.
- ◆ Each season's vaccines are modified to reflect the virus strains most likely to be circulating and cause the flu.
- ◆ In an unusual occurrence, FDA changed all three strains for this year's influenza vaccine. Usually, only one or two strains are updated from year to year.

### Health Professionals Need It Too

- ◆ The approach of flu season also serves to remind health care workers to get vaccinated against influenza.
- ◆ Influenza vaccination should be considered a part of patient safety.
- ◆ Studies have shown that only about 4 in 10 health care professionals are vaccinated every year.
- ◆ Those that don't get vaccinated can cause influenza outbreaks in health care settings.

### Flu Facts

- ◆ **What are the symptoms?** Seasonal influenza—or flu—is a contagious respiratory illness caused by viruses. Symptoms include fever, headache, body aches, chills, extreme exhaustion, and weakness.



- ◆ **How is it spread?** Flu is spread through coughing or sneezing. You can also get it by touching objects that are carrying the virus, such as telephones and door knobs, and then touching your mouth or nose. Wash your hands often and teach children to do the same. Most healthy adults may be able to infect others one day before their own symptoms develop and up to five days after becoming sick.

- ◆ **How many people are affected?** Each year, according to CDC, an average of 5% to 20% of the U.S. population gets the flu. More than 200,000 people are hospitalized from flu complications. There are about 36,000 flu-related deaths each year.

- ◆ **What are the possible complications?** Most people recover from the flu within one to two weeks. But some develop serious complications such as pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes.

- ◆ **Who is at higher risk for complications?** Some individuals—particularly elderly people, young children, and people with chronic medical conditions—are at higher risk for flu-related complications. Vaccination of these groups and of health care personnel is critical.
- ◆ **Can you get the flu from a flu shot?** Although some people get a mild fever, body aches, and fatigue for a few days, you can't get the flu from a flu shot. Soreness at the injection site is a common side effect of the flu shot.

Information for this article is from: FDA Consumer Health Information /U. S. Food and Drug Administration