

End Influenza

The flu ends with you! Protect yourself and those you love.

If you get the flu, it does not just affect your health. You may expose family, friends and coworkers to an infection that kills an average of 36,000 people annually in the United States.

It's important to be vaccinated each year to prevent getting the flu. Talk to your healthcare provider about the flu vaccine for you and your family.

Vaccines: Your best shot at prevention.

If you have questions about vaccines, ask your healthcare provider.

FOR ADDITIONAL INFORMATION ON VACCINES AND DISEASES, VISIT

- hhs.iowa.gov/public-health/immunization
- www.immunize.org
- www.cdc.gov/vaccines
- www.aap.org

Influenza (flu) Immunization

Immunize for a better life!



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WHAT IS INFLUENZA?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. The flu usually comes on suddenly and may cause:

- cough
- fever
- chills
- sore throat
- muscle or body aches
- runny or stuffy nose
- headaches
- fatigue

The flu is different from a cold or stomach illnesses, which may be caused by many different viruses or bacteria.

The flu can cause mild to severe illness and sometimes lead to death. Serious complications from influenza can happen at any age but people 65 and older, people with certain chronic medical conditions (asthma, diabetes or heart disease), pregnant women and young children are at higher risk.

HOW DOES THE FLU SPREAD?

The flu can be spread when an infected person coughs or sneezes. A person may also get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose or eyes.

Most healthy adults are able to infect others beginning one day before symptoms develop and up to seven days after becoming sick.

HOW CAN I PROTECT MYSELF AND MY FAMILY?

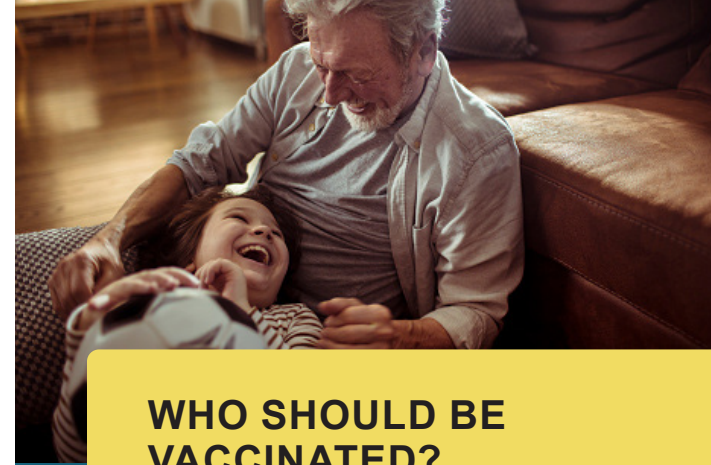
Annual vaccination is recommended since the flu strains may change each year and the vaccine changes to match the current strains. To reduce your chance of getting influenza, vaccination should begin each September, or as soon as the vaccine is available, and continue throughout the flu season. It is never too late to receive the flu vaccine.

CAN THE INFLUENZA VACCINE CAUSE THE FLU?

Influenza vaccine cannot cause the flu. Having symptoms consistent with the flu does not always mean you have the flu. There are other illnesses that can affect the nose, throat and lungs that cause flu-like symptoms.

ARE VACCINES SAFE?

Vaccines in the United States are safe and effective. Common side effects from vaccines are minor and include soreness where the vaccine was given or a low-grade fever. Such minor symptoms are normal and should be expected as the body builds immunity. Serious reactions are very rare. Anyone who receives a vaccine should be fully informed about both the benefits and the risks. Any questions or concerns should be discussed with your healthcare provider.



WHO SHOULD BE VACCINATED?

Everyone 6 months of age and older should get the flu vaccine each year. Flu vaccine is especially important for high risk individuals and people who live with or care for those that are high risk. Healthcare workers should receive the flu vaccine each year to protect themselves and their patients.

IMMUNIZATION RECORDS

Proof of immunizations may be necessary throughout life. Talk with your healthcare provider about entering immunizations into Iowa's Immunization Registry Information System (IRIS) and to obtain copies of your records.