

## 2006–07 Influenza Vaccination Pocket Information Guide

### Indications

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

- ◆ Age 50 yrs or older
- ◆ Age 6 through 59 months
- ◆ Having any of the following conditions:
  - a chronic disorder of the pulmonary or cardiovascular system, including asthma
  - a chronic disease of the blood or kidneys, immunosuppression (e.g., caused by medications, HIV), or diabetes that has required medical follow-up or hospitalization in the preceding year
  - compromised ability to handle respiratory secretions or an increased risk for aspiration (e.g., cognitive dysfunction, spinal cord injury, seizure disorder, or other neuromuscular disorder)
  - 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
  - healthcare workers, caregivers, or household members in contact with persons having high-risk conditions
  - household contacts or out-of-home caretakers of children age 0 through 59 mos

Any other person age 6 mos or older 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 age 5 through 49 yrs. Do not give LAIV to persons with a history of Guillain-Barré syndrome or who have a chronic disease that constitutes an increased risk when exposed to influenza (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.

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### Vaccine Dosing and Administration

- TIV may be given to persons age 6 mos or older. If age 6 through 35 mos, give 0.25 mL; if age 3 yrs or older, give 0.5mL. Give IM with a 22–25g, 7/8–1½" needle. Fluzone is indicated for use in persons age 6 mos or older; Fluvirin for those age 4 yrs or older; Fluarix for those age 18 yrs or older.
- LAIV 0.5 mL (0.25 mL sprayed into each nostril) may only be given to healthy non-pregnant persons age 5 through 49 yrs.
- Children younger than age 9 yrs who are receiving influenza vaccine for the first time should receive 2 doses. For TIV, separate by a minimum of 4 wks. For LAIV given to children age 5 through 8 yrs, separate by a minimum of 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 more than 200,000 hospitalizations related to influenza occur in the U.S. each year, and 5–20% of the U.S. population get infected.
- Vaccination is the best way to avoid getting influenza and 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!
- Vaccination efforts may begin as soon as vaccine becomes available. LAIV may be given as early as August; October or November is the optimal time to get TIV. Vaccination should continue as long as influenza is in the community.

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