



# SEASONAL INFLUENZA VACCINE



## WHAT YOU NEED TO KNOW

### 1. What is the seasonal Influenza?

- It is an acute viral infection that spreads easily from person to person.
- It circulates worldwide and can affect anybody in any age group.
- It causes annual epidemics that peak during winter in temperate regions.
- It is a serious public health problem that causes severe illnesses and deaths (each year about 500.000 people worldwide) for higher risk populations.

### 2. What is VAXIGRIP ®?

- VAXIGRIP is an inactivated Influenza vaccine. The vaccine complies with WHO recommendations and EU decisions for the current influenza season.
- VAXIGRIP is recommended for the prevention of influenza, particularly in subjects who run a high risk of associated complications.

### 3. Who can get Influenza vaccine and when?

- Adults and children from 36 month can be vaccinated with VAXIGRIP ®. Adults require one dose of vaccine. For children (aged under 8 years) who have not been previously vaccinated, a second dose should be given after an interval of at least 4 weeks.
- Due to the seasonal nature of influenza, it is recommended to perform vaccinations against influenza every year, either at the beginning of autumn in temperate countries or before or at the beginning of the risk period in tropical countries.

### 4. Some people should not get Influenza Vaccine or should wait:

- If you have an allergy to eggs, to chicken proteins or to neomycin or to a previously received Influenza vaccination.
- Anyone who is moderately or severely ill at the time the shot is scheduled should probably wait until they recover. Ask your doctor or nurse. **People with mild non-febrile illnesses can usually get the vaccine.**
- The Influenza vaccine should be used during pregnancy on medical advice only. **Vaccination with VAXIGRIP ® is possible during breast-feeding.**

### 5. What are the risks from Influenza vaccine?

A vaccine, like any medicine, could possibly cause serious problems such as severe allergic reactions. **The risk of Influenza vaccine causing serious harm, or death, is extremely small.**

#### **Mild problems:**

- Soreness where the shot was given.
- Headache, mild fever, malaise, shivering, fatigue, sweating, muscular pains and joint pain.

***If these reactions occur, they usually last for 1 or 2 days.***

#### **Severe problems:**

- Serious allergic reaction, within a few minutes to a few hours of the shot (***very rare***).

## 6. What if there is a moderate or severe reaction ?

### *What should I look for ?*

- Any unusual condition, such as a high fever or behavior changes. Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

### *What should I do ?*

- Call a doctor, or get the person to a doctor right away.
- Tell your doctor what happened, the date and time it happened, and when the vaccination was given.

## 7. How can I learn more ?

- Ask your doctor or nurse. They can give you the vaccine package insert or suggest other sources of information.
- Contact the American Centers for Disease Control and Prevention (CDC):  
Visit CDC websites at: [www.cdc.gov/nip](http://www.cdc.gov/nip)