

Influenza Vaccine

Who should get the influenza (flu) vaccine?

- The flu vaccine is recommended every year for everyone age 6 months or older.

Who should be vaccinated against influenza because they are at increased risk?

- Children 6 months of age through 5 years Adults 65 years of age or older
- Pregnant women
- Residents of nursing homes and other long-term care facilities ● People who have medical conditions including the following:
 - o Asthma
 - o Chronic lung disease
 - o Heart disease
 - o Blood disorders (such as sickle cell disease)
 - o Kidney disorders
 - o Liver disorders
 - o Weakened immune systems due to disease or medication (such as HIV/ AIDS or cancer)
 - o People younger than 19 years of age who are receiving long-term aspirin therapy
 - o People with extreme obesity

What are the common vaccine side effects and risks?

- Flu vaccines are safe, but some side effects can occur.
- Minor problems following the flu vaccine include soreness, redness, and/or swelling from the shot, hoarseness, sore, red or itchy eyes, cough, fever, aches, headache, itching, and fatigue.
- More serious problems may include Guillain-Barré syndrome (CBS) in fewer than 1 or 2 cases per one million people vaccinated, children receiving multiple vaccines slightly increase in fever with seizure.
- People who should not get the flu vaccine include anyone with severe, life threatening allergies, had CBS before, or not feeling well the day of vaccination.

Where can I find more information?

- Ask your doctor.
- Ask you school nurse.
- Call the Alabama Department of Public Health, Immunization Division, at 18004694599.



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Influenza Disease

What is influenza disease?

- Influenza (flu) is a contagious respiratory illness caused by a virus. • The virus infects the nose, throat, and lungs.
- It can cause mild to severe illness, hospitalization, and even death.

What are the symptoms?

- Anyone can get flu and it strikes suddenly and can last several days.
- Symptoms of flu disease may include:
 - Fever or feeling 0 Muscle or body aches feverish/ chills
Headaches
 - 0 Cough
 - 0 Sore throat
 - 0 Vomiting and diarrhea
 - 0 Fatigue (very tired)
 - 0 Runny or stuffy nose

How does influenza disease spread?

- Flu is spread by:
 - An infected person's droplets from cough, sneeze or talk enter the mouth, eye or nose.
 - Touching a surface or object with flu virus on it and then touching mouth, eyes or nose.
 - An infected person can infect others 1 day before symptoms start and up to 5 to 7 days after symptoms start.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How do I prevent the flu?

- Get a yearly flu vaccine.
- Wash your hands properly and often.
- Cover your cough and sneeze with arm.
- Clean and sterilize surfaces. ● Stay home if you are sick.

Where can I find more information?

- Ask your doctor.
- Call the Alabama Department of Public Health, Immunization Division, at 1800469-4599.
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Meningococcal Vaccine

Who should get meningococcal vaccine?

- Meningococcal vaccine(s) is recommended for all preteens and teens.
- All 11 and 12 year olds should be vaccinated with serogroups A, C, W, and Y meningococcal conjugate vaccine (MCV4). A booster dose is recommended at age 16.
- Teens and young adults, 16 through 23 year olds, may also be vaccinated with a serogroup B meningococcal vaccine (SBMV), preferably at 16 through 18 years old.
- Both MCV4 and SBMV can be given at the same time, talk to your provider.
- Teens with HIV should get three doses of MCV4.
- People 55 years of age and older should get Meningococcal polysaccharide vaccine (MPSV4).

Who should be vaccinated because they are at increased risk? • College freshmen living in dormitories.

• Laboratory personnel exposed to meningococcal bacteria.

- U.S. military recruits.
- Anyone traveling or living where meningococcal disease is common, like Africa.
- Anyone with a damaged spleen or who had the spleen removed.
- Anyone with an immune system disorder.
- Anyone exposed during a meningococcal meningitis outbreak.

What are the vaccine side effects and risks?

- MCV4 and SBMV are safe, but side effects can occur.
- Most side effects are mild or moderate and do not affect daily activities.
- The most common side effects in preteens and teens occur where the injection is given and may include pain, tenderness, swelling, and hardness of the skin. • Other common side effects may include nausea, feeling a little run down, and headache.

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- Some preteens and teens may also faint after getting a vaccine.
- Reactions usually last a short time and get better within a few days.

Where can I find more information? •

Ask your doctor.

- Call the Alabama Department of Public Health, Immunization Division, at 1-800-469-4599.
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Meningococcal Disease

What is meningococcal disease?

- Meningococcal disease is any illness caused by the bacteria *Neisseria meningitidis*.
- It is the leading cause of bacterial meningitis in children 2-18 years of age in U.S.
- Meningococcal disease can be very serious, even life-threatening in 48 hours or less.
- The two most severe and common illnesses caused by meningococcal bacteria include; o Meningitis - an infection of the fluid and lining around the brain and spinal cord o Septicemia - a bloodstream infection

What are the symptoms?

- e Symptoms of meningococcal disease are similar to influenza (flu) and may include:
 - o Sudden onset of a high fever
 - o Increased sensitivity to light
 - o Headache
 - o Rash
 - o Stiff neck
 - o Confusion
 - o Nausea
 - o Severe aches and pain in the
 - o Vomiting muscles, joints, chest or belly

How does meningococcal disease spread?

- Meningococcal disease is spread person to person by sharing respiratory secretions, through kissing or coughing, close or lengthy contact, and among people who share a room or live in the same household.
- Anyone can get meningococcal disease, but teens and college freshmen who live in residence halls are at increased risk.
- Some people can "carry" meningococcal bacteria in their nose and throat without getting meningococcal disease, but can still infect other people.
- Most cases of meningococcal disease are spread by people who "carry" the bacteria with no symptoms, appear to be random, and not linked to other cases.
- Meningococcal outbreaks can occur in communities, schools, colleges, prisons, and in other high risk populations.

Where can I find more information?

- Ask your doctor.
- Call the Alabama Department of Public Health, Immunization Division, at 1-800-469-4599.
- Go to cdc.gov and type meningococcal disease in SEARCH box.



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