



Information regarding your 2013-2014 Flu Vaccine

What is the flu?

The flu is an illness caused by the influenza virus. This virus attacks the nose, throat, and lungs causing mild to moderate symptoms like:

- sore throat
- fever
- fatigue
- runny or stuffy nose
- headache or muscle aches
- dry cough

How do I get the flu?

The flu virus can be spread from person to person when someone coughs or sneezes. The virus can also be spread by touching something with the flu virus on it and then touching their mouth or nose.

How can I help protect myself against the flu virus?

- wash hands often
- get enough rest
- eat plenty of fresh fruits and vegetables
- get your annual flu vaccine

What can I expect from my flu vaccine?

Most people generally feel little to no symptoms following the administration of a flu shot. If symptoms occur, they are generally mild and short-lived. Some symptoms that may occur are:

- soreness or swelling at the injection site
- redness at the injection site
- body aches
- headache
- fatigue

What if I have an egg allergy?

Many flu vaccines are made using chicken eggs. For those with an allergy to eggs, there are alternative vaccines that do not use eggs in the manufacturing process:

- *Flucelval*: for persons 18 years old and older. This is an inactivated vaccine that helps protect against three different types of flu virus (Not for use in patients with **severe** egg allergies).
- *Flublok*: for persons 18-49 years old. This is an inactivated vaccine that protects against three different types of flu virus.

If you have questions concerning the flu vaccine please call ASU Health Services (480)-965-3349



About my flu vaccine:

Afluria, Fluvirin, Fluzone and Flucelvax:

- These vaccines contain inactivated flu virus to help your body build immunity against the flu bug.
- Because it is inactivated, the vaccine helps protect you against the Influenza virus without causing the symptoms of the flu.
- These vaccines are called “trivalent” vaccines because they help protect against three different types of flu virus: two Influenza A viruses, and one Influenza B virus.
- The virus strains that the flu vaccine contains changes yearly. These vaccines are given as an injection in the muscle.

Fluarix, Flulaval, Fluzone Quadrivalent and Flumist:

- *Fluarix, Flulaval, and Fluzone Quadrivalent* vaccines also contain inactivated viruses that help protect your body against the flu; however, these vaccines protect you against four different strains of the flu virus and are thus called “quadrivalent” vaccines.
- These vaccines help protect you against two Influenza A viruses and two Influenza B viruses which can change yearly depending on the flu season.
- These vaccines are given as an injection in the muscle.
- *Flumist* contains a weakened live virus that is administered as a nasal spray. It is used in healthy non-pregnant persons aged 2-49 years old. This vaccine protects against four different types of flu viruses. Since this is not an inactivated vaccine, it is not used in persons who have weakened immune systems.

Fluzone High Dose:

- Fluzone also comes in a high dose version used for persons aged 65 or older.
- This vaccine has a higher amount of inactivated flu virus. This vaccine protects against three different strains of flu virus (two Influenza A strains and one Influenza B strain).
- This vaccine is given as an injection in the muscle.

Where can I get more information?

The Center for Disease Control offers information regarding the 2013-2014 Flu Season. You can find more information about the flu and flu vaccines at: <http://www.cdc.gov/flu/about/season>.

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