

**DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS UNITED STATES AIR FORCE**

2 September 1997

MEMORANDUM FOR AIR FORCE MEDICAL TREATMENT FACILITIES

FROM: AFMOA/SGOP  
110 Luke Ave, Room 400  
Bolling AFB, DC 20332-7050

SUBJECT: Immunization Information Sheet - Influenza and Influenza Vaccine 1997-1998

The attached influenza information statement is provided for use in your medical treatment facilities (MTFs) as required. This information sheet will also be in Air Force Medical Logistics Letter 09-97, dated September, 1997. Approval has been authorized from SAF/AADF to be published in the Air Force Publishing Bulletin Number 16, dated 05 September 1997.

This information should be provided to all vaccine recipients, similar to the information provided for all other immunizations. Notation of receipt of this information should be made in the medical record and the immunization properly recorded in the medical record, the PHS Form 731 (Immunization Record) and clinic immunization roster.

Only civilian employees must sign the "Vaccine Administration Record" which should be retained in the MTF. The clinic administering the vaccine is responsible for ensuring that civilians complete the Vaccine Administration Record properly. If a medical record is not available for filing the Vaccine Administration Record, it should be provided to the employee. Since this form will be filed in a system of records, AFT 37-132, paragraph 3.2, requires a Privacy Act Statement (PAS) be available to individuals. The PAS may be read or displayed by a sign in the area. DD Form 2005 may be used for this purpose.

Local medical staff should develop standard procedures which include:

- a. Adequate time for the recipient to carefully read the information sheet.
- b. Specific inquiry of the recipient whether he/she has any questions concerning the vaccine.
- c. Availability of competent medical personnel to answer medical questions.

/s/  
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Attachments:

1. Information Vaccine Sheet
2. Vaccine Administration Record

# INFLUENZA VACCINE

## WHAT YOU NEED TO KNOW

1997-98

### 1. Why get vaccinated?

Influenza (sometimes called **flu**) is a serious disease. Here are a few important facts:

It spreads when influenza viruses pass from an infected person to the nose or throat of others.

Influenza can cause:

- fever                      chills
- headache                 cough
- sore throat                muscle aches

Influenza can make people of any age ill. Although most people are ill for only a few days, some have a much more serious illness and may need to be hospitalized. Thousands of people die each year from influenza-related illnesses. Most deaths caused by influenza are in elderly people.

### 2. Influenza vaccine

The viruses that cause influenza change often. Each year a new influenza vaccine is made using viruses that are thought to be most likely to come to the United States, or ones very similar to them. This year the vaccine contains these viruses:

A/Johannesburg/82/96 (H1N1)  
A/Nanchang/933/95 (H3N2)  
B/Harbin/07/94

### 3. Who should get influenza vaccine?

**Group #1.** People who are at risk for getting a serious case of influenza or a complication should get the vaccine. This includes:

- All people 65 years of age or older.
- Residents of long term care facilities housing persons of any age with chronic medical conditions.

- Any child or adult (including pregnant women) who has a serious long-term health problem with:

- heart disease                 - lung disease
- anemia                         - kidney disease
- metabolic disease, such as diabetes
- asthma

**AND** in the past year had to:

- see a doctor regularly, or
- be admitted to a hospital

- People who are less able to fight infections because of:

- a disease they were born with
- infection with Human Immunodeficiency Virus (HIV), the virus that causes AIDS
- treatment with drugs such as long-term steroids
- cancer treatment with x-rays or drugs

- Children and teenagers 6 months to 18 years of age on long-term aspirin treatment, who, if they catch influenza, could develop Reye's syndrome which causes coma, liver damage, and death.
- Women who will be more than 3 months pregnant during the influenza season.

**Group #2:** Anyone who has close contact with people who are at risk for getting a serious case of influenza. This includes:

- Anyone - including children - who live with people in high risk groups (Group #1 above)
- Health care workers (doctors, nurses, hospital and medical office staff)
- Personnel of nursing homes or chronic care facilities
- People who provide home-care to high-risk persons, such as visiting nurses and volunteers

**Group #3:** In addition, an influenza shot may be given to:

- Persons who provide important community services
- People in schools and colleges, to prevent outbreaks
- People going to the tropics any time of year or to countries south of the equator between April and September
- Anyone who wants to reduce their chance of catching influenza

#### **4. When should I get influenza vaccine?**

People who need the vaccine should get it every year.

The vaccine begins to protect you after 1 to 2 weeks and protection may last up to one year. Influenza is most common in the U.S. from December to April, so it is best to get the vaccine between September and mid-November.

- People 9 years and older need one shot each influenza season
- Children less than 9 years old may need a second shot after one month

Influenza vaccine can be given at the same time as any other vaccines, including pneumococcal vaccine. It should be given in a different limb.

#### **5. Can I get influenza even though I get the vaccine this year?**

Because the viruses change often, they may not always be covered by the vaccine. But people who do get influenza after getting the vaccine often have a milder case than those who did not get vaccinated.

Also, other viruses cause disease that seem like influenza, and the influenza vaccine does not protect against these other viral infections.

#### **6. What are the risks from influenza vaccine?**

As with any medicine, there are very small risks that serious problems, even death, could occur after taking the vaccine. The risks from the vaccine are **much smaller** than the risks from the disease if people stopped using vaccine. Almost all people who get influenza vaccine have no serious problems from it.

Children less than 13 years old should be given only split virus vaccine to reduce chances of side effects. Split-virus vaccine can also be used by adults.

If mild or moderate problems occur, they usually start soon after the vaccination and can last up to 1-2 days. These may include:

- soreness, redness, or swelling where the shot was given
- fever
- aches

In 1976, swine flu vaccine was linked to a severe paralytic illness called Guillain-Barre Syndrome (GBS), from which about half its victims fully recover. Since then, other influenza vaccines have not been clearly linked to GBS. However, in 5 of 6 years studied since 1976, there may have been a small chance that getting GBS was linked to influenza vaccine. The chance of GBS after influenza vaccine is far less than the chance of getting severe influenza that could be prevented by the vaccine.

*The viruses in the vaccine are killed, so you cannot get influenza from the vaccine.*

#### **7. Tell your doctor or nurse if you:**

- have a serious allergy to eggs
- ever had a serious allergic reaction or other problem after getting influenza vaccine

- were ever paralyzed by Guillain-Barre Syndrome
- now have a moderate or severe illness

## **8. What if there is a problem after vaccination?**

### **What should I look for?**

A severe allergic reaction could include hives, difficulty breathing, or shock.

### **What should I do if it is a serious problem?**

- 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.
- Ask your doctor, nurse, or health department to file a Vaccine Adverse Event Reporting

System (VAERS) form. Or call VAERS yourself at 1-800-822-7967.

## **9. How can I get more information?**

- Ask your doctor or nurse. She/he can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC)

- Call 1-800-232-7468 (English) or 1-800-232-0233 (Spanish)

- Visit the CDC website at <http://www.cdc.gov/>

## VACCINE ADMINISTRATION RECORD

The doctor of clinic may keep this record in your medical file or your child's medical file. They will record what vaccine was given, when the vaccine was given, the name of the company that made the vaccine, the vaccine's special lot number, the signature and title of the person who gave the vaccine, and the address where the vaccine was given.

"I have read or have had explained to me the information in this pamphlet about Influenza and Influenza vaccine. I have had a chance to ask questions that were answered to my satisfaction. I believe I understand the benefits and risks of Influenza vaccine and ask that the vaccine be given to me or to the person named below for whom I am authorized to make this request."

<b>Information about person to receive vaccine (Please print.)</b>				
Name: Last	First	Middle Initial	Birthdate	Age
Address: Street			City	County
			State	Zip
Signature of person to receive vaccine or person authorized to make the request (parent or guardian):				
X _____ Date: _____				

Influenza 8/1/93

SSAN: \_\_\_\_\_ FACILITY MAINTAINING RECORDS: \_\_\_\_\_

### For Clinic/Office Use

Clinic/Office Address: \_\_\_\_\_

Date Vaccine Administered: \_\_\_\_\_

Vaccine Manufacturer: \_\_\_\_\_

Vaccine Lot Number: \_\_\_\_\_

Site of Injection: \_\_\_\_\_

Signature of Vaccine Administrator: \_\_\_\_\_

Title of Vaccine Administrator: \_\_\_\_\_

