

# Flu vaccination information

## 2008 Flu Vaccination information



### Who should get FluMist?

FluMist is a live influenza virus for active immunization of healthy people 2 - 49 years of age. It provides the same level of protection as the flu shot. It is administered by inhaling the vaccination mist. Use of FluMist during pregnancy is not indicated.

### Who should get Flu Shot?

The flu shot is approved for use in people older than 6 months, including those who are healthy and those with chronic medical conditions. The Flu shot is an inactivated vaccine that is administered with a needle, usually in the arm.

It is highly recommended for all pregnant women and anyone with a chronic illness to receive the flu shot.

### If you are 65 years or over

If you have NOT received the Pneumonia immunization please come into the clinic to have your records reviewed and receive your vaccination. You do NOT need an appointment for this vaccine, just report to the check-in station.

### More Information

There are some people who should not be vaccinated without first consulting a physician. These include but are not limited to; people who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vaccination in the past; and people who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously. People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

As with any vaccine, FluMist and Flu Shots may NOT protect 100% of individuals vaccinated and may not protect against viral strains not contained in the vaccine. For more information please visit The Center for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov).

For more information contact Maj. Christopher Linder or Sgt. First Class David Hart at 245-3630