

Influenza Live & Intranasal



Influenza, most commonly known as the “flu”, is a contagious disease, which can be spread by coughing, sneezing, or nasal secretions. While anyone can get influenza, it is more prevalent among children and people 65 years or older. Symptoms include:

- ❑ Fever/ chills
- ❑ Cough
- ❑ Sore throat
- ❑ Headache
- ❑ Muscle aches
- ❑ Fatigue
- ❑ Runny or stuffy nose

Who should get vaccinated?

There are two types of influenza vaccine- **inactivated** and **live, attenuated (LAIV)**. The **inactivated** form of the vaccine, or the “flu shot”, is an injection with a needle of the killed form of the virus, while the **LAIV** form is a weakened form of the vaccine which is sprayed into the nostrils.

People who should receive the **inactivated** influenza vaccine include:

- ✓ All people 6 months of age or older

People who should receive the **LAIV** influenza vaccine include:

- ✓ Healthy people from 2 to 49 years of age, who are not pregnant

Influenza viruses are always changing, so annual vaccination is recommended!

People who should **not** receive the **inactivated** influenza vaccine include:

- ❑ People with life-threatening allergies to eggs or any other vaccine component
- ❑ People who have had a severe reaction after a dose of influenza vaccine
- ❑ People who have ever had Guillain-Barré Syndrome
- ❑ People who are moderately or severely ill should wait to recover

People who should **not** receive the **LAIV** influenza vaccine include:

- ❑ Adults 50 years or older
- ❑ Children 6-23 months of age

- Children younger than 5 years with asthma or one or more episodes of wheezing within the past year
- Pregnant women
- People who have long-term health problems including:
 - Heart disease
 - Lung disease
 - Asthma
 - Kidney or liver disease
 - Metabolic disease, such as diabetes
 - Anemia, and other blood disorders
- Anyone with muscle or nerve disorders (such as seizures or cerebral palsy)
- Anyone with weakened immune system
- Anyone in close contact with someone whose immune system is weak
- Children on long-term aspirin treatment

For more information on Influenza vaccination call your local or state health department's immunization program or the Center for Disease Control and Prevention (CDC) by calling 1-800-232-4636 or by visiting www.cdc.gov/vaccines.