



Flu Shots are Your Friends

- If you haven't had your flu shot... it is TIME to get it!
- Generally "flu season" starts as early as September and lasts into late spring.
- Everyone over 6 months old should get a flu shot unless you are sick or pregnant. If you are pregnant, consult your physician
- This year's flu shot protects against regular flu and H1N1. You only need one shot!
- A nasal spray vaccine exists for healthy people age 2-49.

Get Your Flu Shot Here

Did you know that many pharmacists have undergone special training to administer vaccines? Ask your pharmacist if they have vaccine services. You can also get your vaccines at:

- Health departments
- Doctor's offices
- Work. Some employers offer flu shots to their employees. Ask your HR department

Type in your zip code at www.flu.gov/widgets/vaccinefinder to find the flu shot provider closest to you.

Helpful Websites

Centers for Disease Control
www.cdc.gov/vaccines

FDA
www.fda.gov/BiologicsBloodVaccines/default.htm

Answers to Your Questions About Vaccines

Vaccines are society's means of preventing and even eliminate disease outbreaks. The US and other countries that have strong vaccine programs for children have seen the end of many communicable and deadly diseases.

What vaccines do I need?

It is important to discuss the exact vaccines that would be beneficial for you with your healthcare provider. The vaccines listed on the chart on the back are recommended by the Center for Disease Control (CDC). When it comes to your children, your Pediatrician will guide you on when each vaccine should be given. Your county health department will also have information on your area's recommended schedule for vaccines.

How can I be sure my children and I are up-to-date on our vaccinations?

All physicians and pediatricians that you see or have seen keep a record of the vaccinations they give. In general, it is NEVER too late to get vaccinated because vaccines prevent future disease! Your healthcare provider can check your blood to see if you have "immunity" or protection from a certain disease. If you do not have immunity to that disease, then you will need a vaccine to prevent it.

What are the side effects of vaccines?

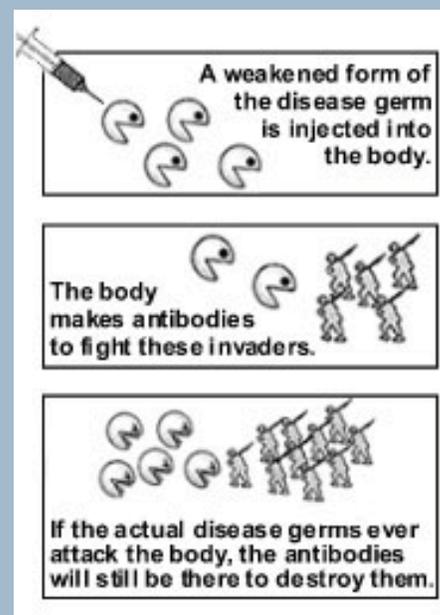
In general, the most commonly reported side effects of vaccines are mild soreness at the spot where the shot was given and a slight fever. Side

effects can vary based on the vaccine. People rarely experience severe reactions to vaccines. Request an information sheet for the vaccine from your healthcare provider or download one from the FDA's website (www.fda.gov).

What are the signs of a severe reaction?

After vaccination, look for any unusual conditions, such as serious allergic reaction, high fever, or unusual behavior. Some signs of life threatening reaction include difficulty breathing, wheezing or hoarseness, hives, paleness, fast

How How Do Vaccines Work?



Vaccine Q & A, continued

heartbeat, dizziness, swelling of the throat, and weakness. Contact a doctor immediately if you should experience any of the above symptoms, or call 911. Multiple vaccinations for different diseases at the same time are safe, effective, and do not increase the risk of side effects.

Are there reasons that people should not be vaccinated?

Healthy adults should be vaccinated. There are some situations where getting a different form of the vaccine or getting it at a different time could be important. If you fall into any of the categories listed below, tell the person administering the vaccine:

- You are pregnant
- Your immune system is weakened due to recent illness, HIV, or cancer
- You have kidney or liver problems

- You have diabetes, chronic lung disease, or heart disease
- You have a severe allergy to eggs
- You have had a severe allergic reaction with previous injections

What is Thimerosal and do I need to worry about it?

Thimerosal is one of the types of preservatives used in vaccines to prevent bacterial growth. It was once thought to be linked to Autism. After a lot of research by the Centers for Disease Control (CDC) a connection between Thimerosal and Autism was NOT found. Today, Thimerosal has been removed from many vaccines or is only present in extremely small amounts.

The Vaccines You Need

| Vaccine | What Does it Prevent? | When is it Given? |
|---|--|--|
| Tetanus, diphtheria, pertussis (Tdap or Td) | tetanus: lockjaw diphtheria: breathing problems leading to coma or death pertussis: whooping cough | Childhood then again every 10 years |
| Measles, mumps, rubella | Measles, mumps, and rubella (German measles) | Childhood; typically not needed if you were born before 1957 |
| Hepatitis A | Flu-like illness, yellowing of skin, diarrhea, vomiting, stomach cramps often leading to hospitalization | Childhood |
| Hepatitis B | Severe injury to your liver including scarring, liver cancer, and death | Childhood |
| Influenza | The seasonal flu and H1N1 | Everyone should receive this each year |
| Optional Vaccines Important for Older Kids and Teens | | |
| Gardasil®, Cervarix® (Human papillomavirus) | Women: genital warts, cervical cancer Men: penile and anal lesions, penile and anal cancer | 50% of women and men who are sexually active will get this disease at some point in their life! |
| Menactra® (Meningococcal) | Bacterial meningitis which can cause hearing loss, brain damage, and can be life threatening. | This vaccine is important for teens or adults who live in dorms because it spreads easily. It has symptoms much like the flu which often mask the disease. |
| Optional Vaccines Important for Those Over 65 | | |
| Zostavax® (Herpes Zoster) | Shingles | This disease can cause a painful rash that may return. It can also cause eye problems, hearing loss or death. |
| Pneumovax® (Pneumococcal) | Pneumonia, meningitis, blood stream infection, and ear infections caused by a bacteria called Streptococcus Pneumoniae | This disease can cause you to lose your vision and hearing. It may also cause death. |

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