

**ECSU STUDENT HEALTH SERVICE  
INFLUENZA (FLU) VACCINE: 2007-2008 SEASON**

**FLU** is a respiratory disease caused by influenza virus infection. The types or strains of influenza virus causing illness may change from year to year, or even within the same year. People with flu may have fever, chills, headache, dry cough, and muscle aches, and may be sick for several days to a week or more. Rates of infection are highest among children, and most people recover completely. However, for some people, flu may be especially severe, and pneumonia or other complications may develop, including death. Certain people are at especially high risk from flu or its complications. They include people 65 years old or older, and people of any age with certain chronic conditions such as diabetes, diseases of the heart, lungs, or kidneys, severe anemia, or lowered resistance to infection due to illness or medication. It is recommended that individuals in these high-risk groups should receive the flu vaccine. It is also strongly recommended for healthcare workers and others, including household members, who may have close contact with high-risk persons, and for women who will be pregnant during the influenza season.

**FLU VACCINE** contains killed influenza viruses of the types selected by the U.S. Public Health Service and the Center for Biologics Evaluation and Research of the U.S. Food and Drug Administration. The types or strains of virus included are those that have most recently caused influenza around the world. *It is not effective against all possible strains of influenza virus.* The vaccine will not give you flu, as it is a killed virus vaccine.

**RISKS AND POSSIBLE SIDE EFFECTS:** Generally, the vaccine causes only mild side effects for some; most will experience no side effects. Most commonly, the reactions may be a sore or tender arm at the injection site, or possibly fever, chills, headache, or muscle aches. These effects usually last 24 to 48 hours. There is a possibility, as with any vaccine or drug, that an allergic or other serious reaction, even death, can occur. Unlike the 1976 swine influenza vaccine, flu vaccines used since that time have **not** been associated with an increased frequency of Guillain-Barré Syndrome, which is associated with paralysis. Women who are **pregnant** should consult their obstetricians. If you have **hemophilia** or any other **bleeding problem**, please consult your health care provider for guidance.

**PEOPLE WHO SHOULD NOT RECEIVE THIS VACCINE** include the following:

- People allergic to eggs, chicken, or chicken feathers
- People allergic to aminoglycosides (gentamicin, tobramycin, amikacin, kanamycin)
- People sensitive to thimerosal
- People who have an active neurological disorder, or history of Guillain-Barre syndrome
- People who have received another type of vaccine within the past 14 days
- People with a fever, acute respiratory or other active infections or illnesses

**If you have questions, please ask now or check with your personal health care provider before receiving the vaccine.** If you have any significant reactions, please report them to Health Services or to your physician as soon as possible.

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*"I have read, or had explained to me, the information sheet about the influenza vaccine (flu shot). I have had a chance to ask questions which were answered to my satisfaction and I understand the benefits and risks of the vaccination as described. I request that the influenza vaccine be given to me."*

Name (print): \_\_\_\_\_ ID# \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**For clinic use only:**

Manufacturer/ Lot No/ Expiration date: \_\_\_\_\_ Site: \_\_\_\_\_

Signature of person giving vaccine: \_\_\_\_\_ Date: \_\_\_\_\_

VIS (6/30/06) given: \_\_\_\_\_ Date: \_\_\_\_\_