

## **INFLUENZA (FLU) VACCINES**

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**Flu season is upon us. Some people may be wondering if they should get a flu vaccine or not. After reading the following questions and answers you should be able to make an informed decision if the flu vaccine is right for you. Please contact your physician if you have additional questions, after reading this article.**

**Who should get a flu vaccine?**

- #1. Persons, especially the elderly, with chronic disease or medical conditions that put them at high risk for complications from the flu.**
- #2. Health care workers, employees of nursing homes, volunteers and household members who may be in contact with those in the high risk category mentioned above.**

**Who should not get a flu vaccine?**

- #1. Persons with allergies to eggs or other chicken products.**
- #2. Persons who have had a previous reaction to the flu vaccine.**
- #3. Persons with active infections.**
- #4. Persons with active neurologic disorders.**

**How often should I get a flu vaccine?**

**A flu vaccine is recommended to be administered annually (1 time a year), ideally in mid-November, although the flu vaccine may be administered throughout flu season. The reason November is ideal is due to the fact that the flu season normally begins in December.**

**This year there is an anticipated delay in the flu vaccine availability, therefore persons may have to wait until December to receive the flu vaccine.**

**Can I get the flu from a flu vaccine?**

**No! The vaccine is not made from a live virus, as it was several years ago. Some people think they have gotten the flu from the vaccine, but this is not possible. The flu vaccine takes approximately 2 weeks to be in effect, so you may get the flu after having the vaccine or get a different strain of the flu. But, you cannot get the flu from the vaccine. Also, it is important to note that if you were already coming down with the flu, the vaccine will not cure the flu, it will only prevent the flu.**

**Is there anyway to get a flu vaccine for free?**

**Medicare Part B covers the flu vaccine.**

**Where can I get the flu vaccine?**

**If you have a question about where you can go to get a flu vaccine from please contact Shirley Green, RN at (800)-827-2219 or (812)-849-4447. Hoosier Uplands hopes to have the flu vaccine available by November 19th, 2001.**

