



General Authority for Health Services

For the Emirate of Abu Dhabi

Al-Rahba Hospital

Flu-Vaccine (What you need to know)

Why get vaccinated?

Influenza is a very contagious disease caused by influenza virus and can spread from one to another. Any one can get influenza which lasts for few days, it can cause: Fever, sore throat, chills, fatigue, cough, headache and muscle aches. Some people get much sicker and influenza leads to pneumonia that can be dangerous for people with heart or breathing conditions. It can cause high fever and seizures in children.

Influenza viruses are constantly changing, Therefore the vaccine is updated every year.

Who should get the vaccine?

- Children 6-23 months of age.
- People 65 years of age and older.
- People who have heart, kidney, liver or kidney diseases, diabetic patients, anemic patients and patients with neuromuscular disorders.
- People with weakened immune system due to:
 - HIV /AIDS patients.
 - Long-term treatment with drugs as steroids.
 - Cancer treatment with x-rays or drugs.
- People from 6 months to 18 years of age on long-term aspirin treatment.
- Women who will be pregnant during influenza season.
- Physicians, nurses and family members in close contact with people at risk of serious influenza.
- **Vaccine is recommended for children aged 24-59 months and for adults aged 50 years and above.**

Pregnant women:

- Influenza vaccination is recommended for women who are beyond the first trimester of pregnancy (ie, greater than 14 weeks gestation) during the influenza season.

When should I get the vaccine?

The best time to get the vaccine is in October or November. Influenza season peaks in February but it can peak from November through May. So getting the vaccine in December can be beneficial.

Talk to your doctor before you get the vaccine.

Tell your doctor if you have any allergies.

Influenza virus is grown in eggs; people with severe egg allergy should not get the vaccine.

If you have had a severe reaction after a previous influenza dose, tell your doctor.

Tell your doctor if you ever had Guillain-Barre Syndrome.

People who are moderately or severely ill should wait till they recover before receiving the vaccine.

What are the risks from influenza vaccine?

Influenza vaccine, like any medicine, could possibly cause allergic reactions.

Mild problems:

Soreness, redness or swelling where the shot was given, fever, aches, if these problems occur, they will begin after the shot and last 1-2 days.

Notes:

- If you noticed any high fever, behavioral changes or signs of serious allergic reactions as difficulty in breathing, wheezing, hoarseness, paleness, weakness, fast heart beat or dizziness, contact your doctor immediately
- Tell the doctor what happened, time and date it happened and the time the vaccination was given.
- Tell the doctor to report it in the adverse drug reaction report form.

If you want to take the vaccine ask your physician to refer you to the assigned clinic.

For more information call the drug information center at 02/5064168

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Approved by: Flu Vaccine Task Force.

Ref. available on request.