
Influenza Immunization Employee Acknowledgement Form

What Caregivers Should Know About Influenza Immunization

The "flu shot" — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

Seasonal flu vaccines protect against the three influenza viruses that research indicates will be most common during the upcoming season. The viruses in the vaccine can change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. About 2 weeks after vaccination, antibodies that provide protection against the influenza viruses in the vaccine develop in the body.

Transmission of influenza

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. ***That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.*** Some persons can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

When to Get Vaccinated

CDC recommends that people get their seasonal flu vaccine as soon as vaccine becomes available in their community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. CDC continues to encourage people to get vaccinated throughout the flu season, which can begin as early as October and last as late as May. Over the course of the flu season, many different influenza viruses can circulate at different times and in different places. As long as flu viruses are still spreading in the community, vaccination can provide protective benefit.

Who Should Get Vaccinated

While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

(Over)

1. Pregnant women
2. People 50 years of age and older
3. People of any age with certain chronic medical conditions
4. People who live in nursing homes and other long-term care facilities
5. People who live with or care for those at high risk for complications from flu, including:
 1. Health care workers
 2. Household contacts of persons at high risk for complications from the flu
 3. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Who Should Not Get Vaccinated

There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination.
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.)
- People with a history of Guillain-Barré Syndrome (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine. Tell your doctor if you ever had Guillain-Barré Syndrome. Your doctor will help you decide whether the vaccine is recommended for you.

Vaccine Effectiveness

The ability of a flu vaccine to protect a person depends on the age and health status of the person getting the vaccine, and the similarity or "match" between the viruses or virus in the vaccine and those in circulation.

Vaccine Side Effects (What to Expect)

Different side effects can be associated with the flu shot and LAIV.

The flu shot: The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

If these problems occur, they begin soon after the shot and usually last 1 to 2 days. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions.

Standard Precautions (Everyday Preventive Actions)

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.



Influenza Immunization Acknowledgement Form

I, _____ have read the memorandum about the Influenza Immunization and understand the risk of influenza inherent to me in the workplace. I have had the opportunity to ask questions about influenza and the immunization and understand that I must be immunized annually. However, as with all medical treatment, there is no guarantee that I will become immune or that I will not experience an adverse side-effect from the immunization. I agree to hold PCHS harmless for any adverse reactions to the immunization.

DECLINATION FOR VACCINATIONS

By my signature below, I acknowledge the receipt of the Influenza Immunization information and decline the Influenza Immunization. I also understand I must wear a mask at all times when providing services during the flu season.

Employee's Name (Print)

Employee's Signature

Date

Agency Representative Signature

Date

CONSENT FOR VACCINATIONS

I understand that it is my responsibility to pay for and ensure the completion of the immunization and notify PCHS and provide proof of immunization by December 31st each year.

Employee's Name (Print)

Employee's Social Security Number

Employee's Signature

Date

Agency Representative Signature

Date

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