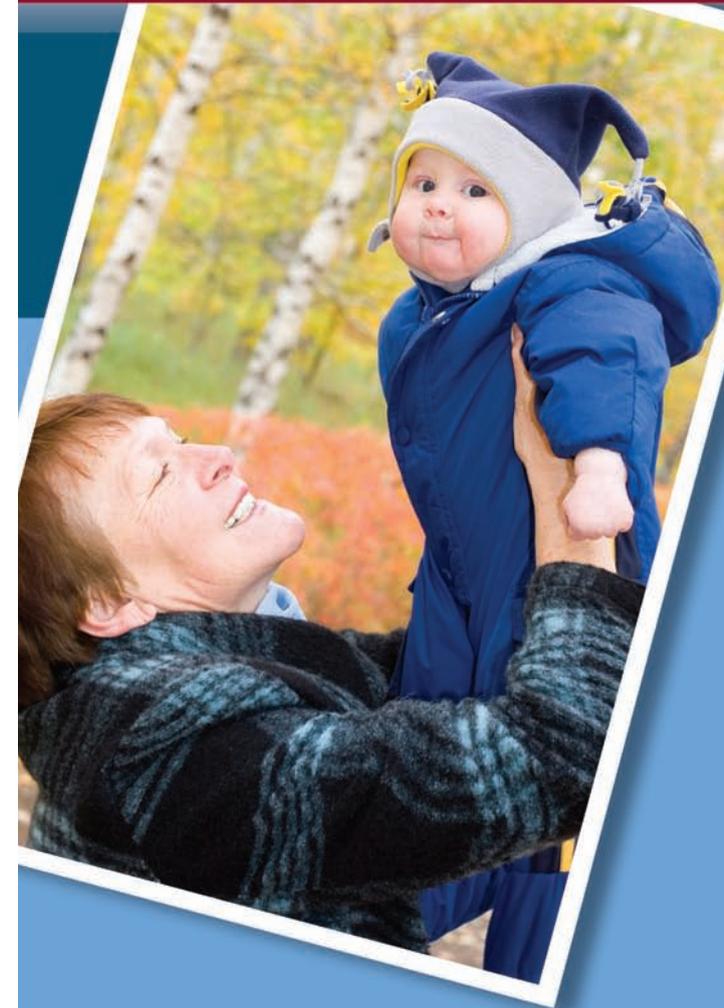


## Influenza Immunization



# IOWA Immunization Program

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### FOR MORE INFORMATION

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If you have questions,  
please call your healthcare provider or the  
Iowa Department of Public Health at  
**1-800-831-6293**

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For additional information  
on vaccines and diseases please visit:

[www.idph.state.ia.us/adper/immunization.asp](http://www.idph.state.ia.us/adper/immunization.asp)  
[www.immunize.org](http://www.immunize.org) • [www.cdc.gov/nip](http://www.cdc.gov/nip)  
[www.vaccine.chop.edu](http://www.vaccine.chop.edu) • [www.aap.org](http://www.aap.org)

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*Influenza:*  
PROTECT YOUR  
FAMILY & THOSE YOU LOVE

If you get the flu, it doesn't just affect your health.  
You may expose family, friends, and co-workers  
to an infection that kills an average of 36,000 people  
each year in the United States. It is very important  
to be vaccinated **each year** to prevent this disease.  
Talk to your healthcare provider about flu  
vaccination for you and your family.

IMMUNIZE FOR A  
*Better Life*

IDPH 1/09

IMMUNIZE FOR A  
*Better Life*

IOWA  
Immunization Program



## WHAT IS INFLUENZA (“FLU”)?

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Influenza is a respiratory disease that affects the nose, throat and lungs. It can make you sick for a week or longer with coughing, fever, chills, muscle aches and fatigue. Influenza is not a stomach or intestinal disease. Some people mistakenly think they have the flu when they have nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses or bacteria. In children, respiratory symptoms may be accompanied by diarrhea or vomiting.

## HOW DO PEOPLE GET THE FLU?

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Flu usually spreads when an infected person coughs or sneezes. Studies show that people with the flu may infect others a day before and up to five days, or longer, after symptoms begin.

## HOW CAN I PROTECT MYSELF AND MY FAMILY?

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Each year in the United States the influenza virus infects many people, and kills an average of 36,000 people. Influenza is a highly contagious disease that affects the lungs. An annual vaccination is recommended because the flu strains change each year, and the vaccine changes to match the current strains. You cannot get influenza from the vaccine.

## TO HELP STOP THE SPREAD OF FLU:

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- **The best way to prevent flu is to vaccinate against it**
- **Wash your hands often**
- **Cover your cough with a tissue or your upper sleeve, not your hands**
- **Sneeze into a tissue and throw it away**
- **Stay home from work or school when you are ill**

## WHO SHOULD BE VACCINATED?

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Anyone who wants to reduce their chances of getting the flu or spreading it to others should be vaccinated. By getting the flu vaccine, you are protecting yourself and those who are too young to get the flu vaccine. This includes babies under 6 months of age, or people who are at increased risk of the flu and complications, such as pregnant women, the elderly and people with chronic health conditions (such as diabetes and COPD). It is especially important for healthcare workers to receive flu vaccine each year to protect themselves and patients.

## CAN THE FLU VACCINE CAUSE THE FLU?

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The flu vaccine cannot cause the flu. There are other illnesses affecting the nose, throat and lungs that cause similar symptoms.