

Flu Shot Facts

What you should know.

In 2017-2018 an estimated **900,000** people were hospitalized and almost **80,000** deaths occurred in the U.S. from the flu and flu-related conditions.



What is the flu? The flu (influenza), is a highly contagious viral infection of the nose, throat and lungs.



How do you get the flu? The flu spreads easily when infected people talk, cough or sneeze or by touching an object with the flu virus on it, like a doorknob. It can be spread to others from the first day of symptoms to 5-7 days after they get sick. This can be longer for children.



What are the symptoms of the flu? Common symptoms include: • fever (101°F-102°F) • muscle/body aches • chills • tiredness • sudden onset • cough and/or sore throat • runny or stuffy nose



What are other serious complications? The flu can cause serious health complications such as: • pneumonia (lung infection) • dehydration (loss of body fluids) • worsening of long-term medical conditions like asthma and diabetes



Who is at risk? The flu is especially dangerous for young children, the elderly, pregnant women, and people with long-term medical conditions like asthma and diabetes.



Can the flu be prevented? Yes. The best way to prevent the flu is to get a flu vaccine every year. Babies should have **two** doses of flu vaccine by their **2nd** birthday, **starting at 6 months**.



Is the flu vaccine safe? Yes. Flu vaccines have a good safety record. They've been used in the U.S. for more than 50 years. Millions of Americans have safely received seasonal flu vaccines.



Can you get the flu from the vaccine? No. **Flu vaccines do not cause the flu.** They protect your child from flu illness. Flu shots can sometimes cause mild side effects that may be mistaken for flu. It takes about 2 weeks after getting the shot for your child to build protection against flu.



Where can I learn more? To learn more about flu vaccines, talk to your child's doctor or call **1-800-CDC-INFO**. For more in-depth information about flu, visit **cdc.gov, familiesfightingflu.org** or **nfid.org**.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-962-8074 (TTY: 711).



HEALTH PLAN OF NEVADA
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Health plan coverage provided by Health Plan of Nevada.

Vacuna Contra la Gripe

Lo que debería saber.

En 2017-2018, se calcula que en los EE. UU. unas **900,000** personas fueron hospitalizadas y hubo casi **80,000** muertes debido a la gripe y a condiciones relacionadas con la gripe.



¿Qué es la gripe? La gripe (influenza) es una infección viral altamente contagiosa de la nariz, la garganta y los pulmones.



¿Cómo se contrae la gripe? La gripe se propaga fácilmente cuando las personas infectadas hablan, tosen o estornudan, o cuando tocan un objeto que tenga el virus de la gripe, como la manija de una puerta. Se puede propagar a otras personas desde el primer día de los síntomas y hasta 5 o 7 días después de enfermarse. Se puede demorar más en los niños.



¿Cuáles son los síntomas de la gripe? Entre los síntomas frecuentes se encuentran:

- fiebre (101 °F-102 °F)
- dolores musculares/corporales
- escalofríos
- cansancio
- inicio repentino
- tos o dolor de garganta
- congestión o secreción nasal



¿Qué otras complicaciones graves hay? La gripe puede causar complicaciones de salud graves, tales como:

- pulmonía (infección pulmonar)
- deshidratación (pérdida de líquidos corporales)
- empeoramiento de condiciones médicas a largo plazo, como el asma y la diabetes



¿Quiénes están en riesgo? La gripe resulta especialmente peligrosa para niños pequeños, personas mayores, mujeres embarazadas y personas con condiciones médicas a largo plazo, como el asma y la diabetes.



¿Se puede evitar la gripe? Sí. La mejor manera de evitar la gripe es vacunarse cada año. A los bebés se les deberían administrar **dos** dosis de vacuna contra la gripe antes de su **segundo cumpleaños, a partir de los 6 meses**.



¿La vacuna contra la gripe es segura? Sí. Las vacunas contra la gripe tienen buenos registros de seguridad. En los EE. UU., se usan desde hace más de 50 años. Millones de estadounidenses han recibido la vacuna contra la gripe estacional.



¿Puede contraer la gripe a causa de haber recibido la vacuna? No. *Las vacunas contra la gripe no pueden causar la enfermedad.* De hecho, las vacunas protegen a su hijo y evitan que contraiga la enfermedad de la gripe. A veces las vacunas contra la gripe pueden provocar efectos secundarios leves que se pueden confundir con la gripe. Tras recibir la vacuna, su hijo necesita unas dos semanas para poder desarrollar la protección contra la gripe.



¿Dónde puedo obtener más información? Para recibir más información sobre las vacunas, hable con el médico de su hijo o llame al **1-800-CDC-INFO**. Para información más detallada sobre la gripe, visite **cdc.gov, familiesfightingflu.org o nfid.org**.



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La cobertura del plan de salud es proporcionada por Health Plan of Nevada.

Pregnant? You Need a **Flu Shot!**



Information for pregnant women



Because you are pregnant, CDC and your ob-gyn or midwife recommend you get a flu shot to protect yourself and your baby from flu.

You should get vaccinated by the end of October, if possible. This timing can help ensure that you are protected before flu activity begins to increase. Talk to your ob-gyn or midwife about getting a flu shot.

The flu is a serious illness, especially when you are pregnant.

Getting the flu can cause serious problems when you are pregnant. Even if you are generally healthy, changes in immune, heart, and lung functions during pregnancy make you more likely to get severely ill from flu. Pregnant women who get flu are at high risk of developing serious illness, including being hospitalized.

Flu shots are the best available protection for you – and your baby.

When you get your flu shot, your body starts to make antibodies that help protect you against the flu. Antibodies also can be passed on to your developing baby, and help protect them for several months after birth. This is important because babies younger than 6 months of age are too young to get a flu vaccine. If you breastfeed your infant, antibodies also can be passed through breast milk. It takes about two weeks for your body to make antibodies after getting a flu vaccine. Talk to your doctor, nurse, or clinic about getting vaccinated by the end of October, if possible.

The flu shot is safe for pregnant and breastfeeding women and their infants.

You can get a flu shot at any time, during any trimester, while you are pregnant. Millions of pregnant women have gotten flu shots. Flu shots have a good safety record. There is a lot of evidence that flu vaccines can be given safely during pregnancy, though these data are limited for the first trimester.

If you deliver your baby before getting your flu shot, you still need to get vaccinated. The flu is spread from person to person. You, or others who care for your baby, may get the flu, and spread it to your baby. It is important that everyone who cares for your baby get a flu vaccine, including other household members, relatives, and babysitters.

Common side effects of a flu vaccine are mild.

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have a headache, muscle aches, fever, and nausea or feel tired.



If you have flu symptoms, call your doctor immediately.

If you get flu symptoms (e.g., fever, cough, body aches headache, etc.) – even if you have already had a flu shot – call your doctor, nurse, or clinic right away. Doctors can prescribe influenza antiviral medicine to treat flu. Antiviral drugs can shorten your illness, make it milder and lessen the chance of developing serious complications. Because pregnant women are at high risk of serious flu complications, CDC recommends that they be treated quickly with antiviral drugs if they get flu symptoms. Oral oseltamivir is the preferred treatment for pregnant women because it has the most studies available to suggest that it is safe and beneficial. These medicines work best when started early.

Fever is often a symptom of flu. Having a fever early in pregnancy increases the chances of having a baby with birth defects or other problems. Tylenol® (acetaminophen) can reduce a fever, but you should still call your doctor or nurse and tell them about your illness.

If you have any of the following signs, call 911 and seek emergency medical care right away:

- **Problems breathing or shortness of breath**
- **Pain or pressure in the chest or abdomen**
- **Sudden dizziness or confusion**
- **Severe or constant vomiting**
- **Decreased or no movement of your baby**
- **High fever that is not responding to Tylenol® or other acetaminophen**



For more information about the flu or the vaccine, call:

1-800-CDC-INFO

or visit:

www.cdc.gov/flu/



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention