

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

In an average year, **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2. Influenza vaccines

CDC recommends everyone 6 months and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")

In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.

Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



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

4. Risks of a vaccine reaction

- Soreness, redness, and swelling where the shot is given, fever, muscle aches, and headache can happen after influenza vaccination.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636** (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/flu.



Tdap (Tetanus, Diphtheria, Pertussis) Vaccine: *What You Need to Know*

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1 Why get vaccinated?

Tdap vaccine can prevent **tetanus, diphtheria, and pertussis**.

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- **TETANUS (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- **DIPHTHERIA (D)** can lead to difficulty breathing, heart failure, paralysis, or death.
- **PERTUSSIS (aP)**, also known as “whooping cough,” can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

2 Tdap vaccine

Tdap is only for children 7 years and older, adolescents, and adults.

Adolescents should receive a single dose of Tdap, preferably at age 11 or 12 years.

Pregnant women should get a dose of Tdap during every pregnancy, to protect the newborn from pertussis. Infants are most at risk for severe, life-threatening complications from pertussis.

Adults who have never received Tdap should get a dose of Tdap.

Also, **adults should receive a booster dose every 10 years**, or earlier in the case of a severe and dirty wound or burn. Booster doses can be either Tdap or Td (a different vaccine that protects against tetanus and diphtheria but not pertussis).

Tdap may be given at the same time as other vaccines.

3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of any vaccine that protects against tetanus, diphtheria, or pertussis**, or has any **severe, life-threatening allergies**.
- Has had a **coma, decreased level of consciousness, or prolonged seizures within 7 days after a previous dose of any pertussis vaccine (DTP, DTaP, or Tdap)**.
- Has **seizures or another nervous system problem**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).
- Has had **severe pain or swelling after a previous dose of any vaccine that protects against tetanus or diphtheria**.

In some cases, your health care provider may decide to postpone Tdap vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting Tdap vaccine.

Your health care provider can give you more information.



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

4 Risks of a vaccine reaction

- Pain, redness, or swelling where the shot was given, mild fever, headache, feeling tired, and nausea, vomiting, diarrhea, or stomachache sometimes happen after Tdap vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

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7 How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
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Vaccine Information Statement (Interim)
Tdap (Tetanus, Diphtheria,
Pertussis) Vaccine



Office use only

Vitamin B12 Shots

If you often feel tired, run-down, and lacking in energy, **you are not alone!**

Your body needs Vitamin B12 to:

- Help maintain normal physical, emotional, & mental **energy** levels
- Help **breakdown fats** and carbohydrates properly
- Help ease occasional **stress**
- Promote normal **immune function**
- Promote **memory**, mental clarity and concentration
- Maintain **normal cell growth** and repair
- Assist your **nerves** to function and communicate properly
- Assist in the production of Melatonin, to help **sleep better**
- Help **folic acid** regulate the production of red blood cells
- Help your body to use **iron**
- Support **female reproduction health** and pregnancy

Vitamin B12 shots are known to effectively treat **anemia**, **fatigue**, some skin diseases, and **obesity**. Other reported benefits include: clearer skin, improved stamina, weight loss, and improved sleep patterns.

Most people over the age of 50 have limited ability to absorb Vitamin B12. The older you get the more your digestive system breaks down, losing the ability to release Vitamin B12 from the food you eat.

B12 shots provide a more dramatic result than other forms of vitamin B12 since they are injected directly into the muscle to arrive in the bloodstream in a much shorter time.

LIPO B+ SHOTS

What are Lipotropic B+ Injections?

Lipotropics are fat-burning amino acids, substances that are naturally produced by the body. These chemicals help to remove toxins and waste from the liver, prevent cholesterol buildup, and help metabolize fats. Our formulation combines three lipotropics: methionine, inositol, and choline; with energizing B vitamins & other ingredients specifically formulated for weight loss.

Our Lipotropic Injection Protocol does not require starvation diets, surgery or dangerous drugs. Our program is designed to address fat loss at a nutritional level, to boost your energy while enhancing the function of your organs and increasing the flow of fats and bile from the liver and gallbladder. **Therefore your body is processing fat versus storing it!**

Our Weight Loss Formula Includes:

Vitamin C: A powerful antioxidant, which helps neutralize cell-damaging free radicals. Used in treating a wide range of infectious diseases, burns, and boosting the immune system.

Methionine: A protein-based amino acid that neutralizes free radicals and is essential for muscle growth and energy. It aids in breaking down fat, removing heavy metals from the body, and helps with digestion. This antioxidant increases energy and lean muscle mass.

Inositol: A vitamin that is vital for metabolism of fat and cholesterol, prevents hardening of the arteries; and helps in the treatment of depression and anxiety. Inositol may also be used to improve circulation, prevent hair loss, nourish the brain, and facilitate the conversion of nutrients to energy.

Choline: Plays a major role in cardiovascular health, in addition to minimizing excess fat in the liver through its fat and cholesterol metabolic properties. It also aids in hormone production, along with helping to remove toxins. Adequate intake reduces the chances of developing problems with the liver.

Thiamine: (Vitamin **B1**) - Helps fuel your body by converting blood sugar into energy. Essential for nervous system, cardiovascular and muscular function.

Riboflavin-5-Phosphate Sodium: (Vitamin **B2**) - Supports energy production by aiding in the metabolizing of fats, carbohydrates, and proteins.

Niacinamide: (Vitamin **B3**) - Promotes general blood vessel and circulatory health.

Dexpanthenol: (Vitamin **B5**) - Essential for our bodies to properly use carbohydrates, proteins, and lipids and for healthy skin.

Pyridoxine HCl: (Vitamin **B6**)- Essential in numerous biochemical pathways involving red blood cells, the immune system, central nervous system function, protein metabolism, homocysteine metabolism, and also the production of energy. It is necessary for proper absorption of Vitamin B12.

Methylcobalamin: (Vitamin **B12**) - Regulates the formation of red blood cells and helps in the utilization of iron, preventing anemia. It is an important component of the body system because it is required for proper digestion, absorption and synthesis of foods, protein synthesis, and the metabolism of carbohydrates and fats. Vitamin B12 is also necessary for a healthy nervous system. Also known to boost energy.

L-Carnitine The primary function of L-Carnitine is to convert lipids, or fats, into fuel for energy. Specifically, its role is to move fatty acids into the cells that reside within the protective membranes that surround cells, essential to provide energy for every cell in the body.

Chromium: Shown to aid in balancing blood sugar levels and reduce sugar cravings.

Lidocaine: Anesthetic used to reduce burning and stinging.

Promoting Seasonal Flu Vaccination

A Checklist for Businesses and Employers

Be a partner in good health. Consider offering onsite flu vaccination (flu shot, nasal spray, or both) at your business locations(s) and encourage employees to seek flu vaccination in the community. Review flu vaccination prevention and rationale with senior managers, employees, and labor representatives.

IF YOU CHOOSE TO HOST A FLU VACCINATION CLINIC

Planning

- ☐ Get senior management buy-in to support a flu vaccination clinic at the workplace.
- ☐ Frame getting employees vaccinated against flu as a business priority and create a goal aligned with this effort.
- ☐ Identify a flu vaccination coordinator and/or team with defined roles and responsibilities. Occupational health personnel or workplace safety staff may lead these efforts for employers. Determine if you will need to contract with an experienced outside provider of flu vaccination services (such as a pharmacy or community immunizer). The planning process should also include input from employees, and labor representatives, if needed.
- ☐ Schedule the flu vaccination clinic to maximize employee participation. Flu season usually begins in the Fall each year.
- ☐ Gauge need and demand among employees for flu vaccination. Provide sufficient and accessible flu vaccination in as many business locations as possible.
- ☐ Ask managers and supervisors to allow employees to attend onsite flu vaccination clinic as part of their work day and without having to “go off of the clock.”
- ☐ Consider offering flu vaccination to employees’ families.
- ☐ Set a goal and help show employees how their participation matters. Each year, try to improve upon the percentage of employees vaccinated.

Hosting and Promotion

- ☐ Use incentives for flu vaccination to increase participation, such as offering vaccine at no or low cost, providing refreshments at the clinic, or holding a contest for the department with the highest percentage of vaccinated employees.
- ☐ Promote the flu vaccination clinic with the following:

- ☐ Posters about the importance of flu vaccination can be posted in break rooms, cafeterias, and other high traffic areas.

- ☐ An article in company communications (i.e., newsletters, intranet, emails, portals, etc.) about the clinic and flu prevention.

- ☐ Promotional posters/flyers to advertise the date and time of the clinic should be posted in high traffic areas.

- ☐ Communication from business leadership directly to employees promoting vaccination.

- ☐ Use Social Media channels for promotion!

Logistics

- ☐ Provide a comfortable and convenient location for flu vaccination clinics. Consider the demands of space and need for privacy.

- ☐ Set an example by encouraging managers and business leaders to get vaccinated first.

IF YOU CHOOSE TO PROMOTE FLU VACCINATION IN THE COMMUNITY

- ☐ Be flexible in your HR policies. Establish policies that allow for employees to take an hour or two to seek flu vaccinations in the community.

- ☐ Partner with nearby pharmacies or clinics to arrange for employees to get vaccinated. If the business shares a building, shopping center, or office park with other employers, see if the property manager will host a flu vaccination clinic for all of the tenants’ employees.

- ☐ Use promotional posters/flyers to advertise locations in the community that offer seasonal flu vaccinations. Display posters about the flu vaccination in break rooms, cafeterias, and other high traffic areas.

- ☐ Post articles in company communications (i.e., newsletters, intranet, emails, portals, etc.) about the importance of flu vaccination and where to get the vaccine in the community.

- ☐ Encourage flu vaccination for employees’ families by distributing information for employees to take home.



NO MORE EXCUSES

**THERE ARE MANY PLACES
TO GET YOUR FLU VACCINE.**

Anyone can get the flu, and it can be serious. Every year, protect yourself and those around you by getting a flu vaccine.



FLU SHOTS AVAILABLE HERE:

WHEN: _____

WHERE: _____

PLEASE BRING YOUR INSURANCE CARD
OTHER SHOTS ALSO AVAILABLE



For more information, visit <http://www.cdc.gov/flu>

FOR OFFICE USE

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

Flu Vaccine

Facts & Myths



Department of Health
and Human Services
Centers for Disease Control
and Prevention

MYTH “The flu isn’t a serious disease.”

FACTS Influenza (flu) is a serious disease of the nose, throat, and lungs, and it can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older. But small children less than 2 years old are as likely as those over 65 to have to go to the hospital because of the flu.

MYTH “The flu shot can cause the flu.”

FACTS The flu shot cannot cause the flu. Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare.

MYTH “The flu shot does not work.”

FACTS Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. **Getting the vaccine is your best protection against this disease.**

MYTH “The side effects are worse than the flu.”

FACTS The worst side effect you’re likely to get from a shot is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

MYTH “Only older people need a flu vaccine.”

FACTS Adults and children with conditions like asthma, diabetes, heart disease, and kidney disease **need to get a flu shot**. Doctors also recommend children 6 months and older get a flu shot every year until their 5th birthday.

MYTH “You must get the flu vaccine before December.”

FACTS Flu vaccine can be given before or during the flu season. The best time to get vaccinated is October or November. **But you can get vaccinated in December or later.**

For more information, ask your healthcare provider or call
800-CDC-INFO (800-232-4636) Website www.cdc.gov/flu

ON-SITE FLU SHOTS!

Where:

When:

Date

Time



Flu \$48

(FREE with most major insurance plans)

TDAP \$80

(FREE with most major insurance plans)

Vitamin B12 \$25

(Helps with fatigue, cognitive function & depression)

Lipotropic Shot \$35

(Energy, weight loss, hunger suppression, & metabolic boost)

Most major insurance plans accepted.

Services Provided by:



817-571-6425

Cash, Check, or Credit:

