

Grinnell College Student Health and Wellness

Seasonal Influenza (Flu) Vaccine Consent

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.

How flu spreads

Most experts believe that flu viruses 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. 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, eyes or possibly their nose.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Preventing seasonal flu: Get vaccinated

The single best way to prevent the flu is to get a flu vaccine each season. About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

Who should NOT be vaccinated against seasonal flu?

Some people should not be vaccinated without first consulting a physician. They include:

- *People who have a severe allergy to chicken eggs.*
- *People who have had a severe reaction to an influenza vaccination in the past.*
- *Children younger than 6 months of age (influenza vaccine is not approved for use in this age group).*
- *People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.*
- *People with a history of Guillain-Barre 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-Barre Syndrome. Your doctor will help you decide whether the vaccine is recommended for you.*

If you answer yes to any of the above questions, make sure to speak with the nurse prior to receiving your injection. It is always best if you have questions about whether you should get a flu vaccine, to consult your health care provider.

I have read the above information about influenza and influenza vaccine, and I have had a chance to ask questions. I understand the benefits and risks of influenza vaccination and request that I be given the influenza vaccination.

Name (Please print)

Signature

P-CARD #

Nurses Only:

Right _____

Left _____

Nurse's Initials _____

Date _____