



## Employee Consent for Influenza (Flu) Shot

AVAILABLE SEPTEMBER 6th – DECEMBER 1st

### Description:

The flu is a viral infection in the nose, throat, and lungs which can spread rapidly from person to person usually by air-borne droplets carried in a cough or sneeze. The flu may cause fever, cough, sore throat, a runny nose or stuffy nose, headache, muscle aches and tiredness. The flu can lead to serious, even life-threatening diseases such as pneumonia.

The flu shot (injection) is an inactivated-vaccine (containing killed virus) that is given intramuscularly in the arm. About 2 weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body.

The flu shot (intranasal) is a live attenuated shot (contains live but weakened influenza virus.) It is sprayed into the nose, both sides. This is recommended for those ages 2 through 19 who are not pregnant and who do not have underlying health issues. All others should receive the flu shot injection.

Unless otherwise contraindicated, it is strongly recommended that yearly influenza shots be administered. Sun Health may or may not offer both forms of the shot each year.

### Possible Reactions:

The virus cells in the flu shot are killed (inactivated), so you cannot get the flu from the flu shot. Some minor side effects that occur are: Soreness, redness, or swelling at the injection site, fever (low grade), or body aches. On rare occasions, flu vaccination can cause serious problems such as severe allergic reactions.

### Contraindications:

You should consult your physician before taking the flu shot if any of the following pertain to you: Reaction to an influenza vaccination in the past, or history of Guillain-Barre Syndrome. If you are currently ill with a fever, you should wait until your symptoms lessen before taking the flu shot.

\_\_\_\_\_ (initial)      I do hereby give consent to be given the currently available Flu Virus Shot and understand that this product is egg free. The benefits and/or risks of the shot have been discussed with me and I have had the opportunity to ask questions

\_\_\_\_\_  
Print Name Legibly

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

Manufacturer: \_\_\_\_\_ Lot #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

\_\_\_\_\_  
Administering Nurse's signature

\_\_\_\_\_  
Date