

How do flu vaccines work?

Both flu vaccines (the flu shot and the nasal-spray flu vaccine (LAIV)) work in the same way; they cause antibodies to develop in the body, and these antibodies provide protection against influenza virus infection.

When should I get the vaccine?

October or November is the best time of year to get vaccinated, but you can still get vaccinated in December or later.



Does flu vaccine work right away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

Remember when you get the flu you expose your family, patients, and co-workers to infection.

**Set the example—get your flu vaccine every year!
Protect yourself and your patients!**



Influenza: Protect Yourself and Your Patients



**Facts for dialysis staff
regarding the influenza
virus and vaccine**

*Including information on the
shot and nasal spray*

What is influenza?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

How is influenza transmitted?



Influenza is transmitted by direct and indirect contact and by droplet contact. There may be an airborne component to transmission as well. Therefore, the virus is easily spread from person to person via coughing, sneezing, and contact with contaminated surfaces or items.

Can I get the influenza virus from my dialysis patients?

Yes. You are at a very high risk for acquiring influenza infection due to your exposure to ill patients, as well as your exposure to the community. **REMEMBER:**



Your patients can get the virus from YOU!

Studies show that most healthy adults can infect others with the flu up to 1 day before that start having symptoms. And once sick, they can infect others for up to 5 days.

How do I protect myself from the influenza virus?

Vaccination is the primary means of reducing transmission and preventing influenza infection.

What kind of flu vaccines are there?

There are two types of vaccines that protect against the flu. The "flu shot" is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. A different kind of vaccine, called the nasal-spray flu vaccine (sometimes referred to as LAIV for Live Attenuated Influenza Vaccine), was approved in 2003. The nasal-spray flu vaccine contains attenuated (weakened) live viruses, and is administered by nasal sprayer.



Can I take the nasal-spray flu vaccine?

Yes the nasal-spray flu vaccine is an option for healthy persons aged 5-49, including healthcare workers and

other persons in close contact with groups at high risk. Healthcare workers that come in close contact with anyone who has a severely weakened immune system (that is, anyone who requires care in a protected environment) **should not** take the nasal-spray vaccine.