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A 441	(20) Infection Con (f) The facility shavaccination progra  1. The offer of intand independent program to the following: 2. A signed declination of all who refuse other than medical and the following: (i) Flu vaccination (ii) Non-vaccine of the following: (iii) The diagnosis impact of influence vaccination programon-participation;	all have an annual influenza m which shall include at least: fluenza vaccination to all staff ractitioners or accept nee of vaccination from burce or facility; nation statement on record the influenza vaccination for contraindications; all direct care personnel about the influenza vaccination for the influenza vaccination for a contraindications; and direct care personnel about the control measures, and transmission, and potential at a contraindications and potential at a control measures and potential and reasons for and	A 441	copy of VIS given to staff, copy of the informed consent all its form as well as the already declination form, the consent already a copy of the influence program summary Jevaluation.  All employees have been given the education per the policy.  The influence vaccine program has been added to PPTNM's Q PM calendar and will be reviewed, evaluated annually and shared with this team.	ed .
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## Policy - Influenza Vaccine Program

**Purpose:** To establish Planned Parenthood of Tennessee and North Mississippi's (PPTNM) Influenza Vaccine Program.

#### Policy:

All PPTNM health center employees will be offered the influenza vaccine annually. Give inactivated injectable influenza virus intramuscularly or live attenuated influenza vaccine (LAIV) intranasally. Prior to vaccine administration, the employee will:

- Read and complete the Influenza Vaccine Informed consent form which educates on the influenza vaccine.
- Receive a copy of the current Vaccine Information Sheet (VIS) that can be printed from the CDC website.
- Receive copy of "Key Facts About Influenza" which educated the employees about the diagnosis, transmission and potential impact of influenza.

Health center employees who do not receive the influenza vaccine will need to complete the "Declination of Influenza Vaccination Form."

PPTNM will evaluate the influenza vaccination program annually and document reasons for non-participation.

In the event of a vaccine shortage, The Chief medical Officer will determine if the influenza vaccines services will be suspended.

## Declination of Influenza Vaccination

- If I contract influenza, I can shed the virus for 24 hours before influenza symptoms appear. My shedding the virus can spread influenza to patients in this facility.
- If I become infected with influenza, even if my symptoms are mild or non-existent, I can spread it to others and they can become seriously ill.
- I understand that the strains of virus that cause influenza infection change almost every year and, even if they don't change, my immunity declines over time. This is why vaccination against influenza is recommended each year.
- I understand that I cannot get influenza from the influenza vaccine.
- The consequences of my refusing to be vaccinated could have life-threatening consequences to my health and the health of those with whom I have contact, including
  - all patients in this healthcare facility
  - my coworkers
  - my family
  - my community

	luenza vaccination right now for the following
I understand that I can change my mind at any ti still available. I have read and fully understand the information	ime and accept influenza vaccination, if vaccine is on this declination form.
Signature:	Date:
Name (print):	
Department:	

# Influenza Vaccine Informed Consent Form

#### The Flu

Influenza (flu) is a respiratory infection caused by several different viruses. When people get the flu, they may have fever, chills, headaches, dry cough, or muscle aches. The illness may last several days to a week or more and complete recovery is usual. However, complications may lead to pneumonia or death in some people.

It is not possible to estimate the risk of an individual getting the flu this year, but for the elderly and for people with diabetes or heart, lung, or kidney diseases, flu may be especially serious. For health care workers, immunization may help prevent transmission to patients.

#### The Vaccine

An injection of flu vaccine will not give you the flu because the vaccine is made from killed viruses. The vaccine is made from viruses selected by the Office of Biologics, the Food and Drug Administration, and the Public Health Services.

#### **Risk and Possible Side Effects**

Side effects of influenza vaccine are generally mild in adults and occur at low frequency. These reactions consist of tenderness at the injection site, fever, chills, headaches, or muscular aches. These symptoms last up to 48 hours.

#### **Special Precautions**

Persons who are allergic to eggs, chicken, chicken feathers, or chicken dander should not receive this vaccine until they have consulted their personal physicians. Persons with fever should not receive this vaccine. Persons who have received another type of vaccine within the past 14 days should see their personal physician before receiving this vaccine.

If you have a reaction, see your personal physician immediately. If you have any questions, please ask.

#### Consent

I have read the above information and have had an opportunity to ask questions. I understand the benefits and risks of flu vaccinations as described. I request that the vaccination be given to me or to the person named below for whom I am authorized to sign.

## Information Concerning Person to Receive Influenza Vaccine

Name (Please print)	Date of birth	Age	
Name (Please print)	City, State, Zip		
Signature of person to receive vaccine	(or parent or guardian)	Date	



# Influenza (Flu)

# Key Facts About Influenza (Flu)

What is Influenza (Flu)?

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

## Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- · fever\* or feeling feverish/chills
- · cough
- sore throat
- runny or stuffy nose
- · muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

## How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny 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 get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

## How Many People Get Sick with Flu Every Year?

A 2018 CDC study published in Clinical Infectious Diseases [2] looked at the percentage of the U.S. population who were sickened by flu using two different methods and compared the findings. Both methods had similar findings, which suggested that on average, about 8% of the U.S. population gets sick from flu each season, with a range of between 3% and 11%, depending on the season.

Why is the 3% to 11% estimate different from the previously cited 5% to 20% range?

<sup>\*</sup>It's important to note that not everyone with flu will have a fever.

The commonly cited 5% to 20% estimate was based on a study that examined both symptomatic and asymptomatic influenza illness, which means it also looked at people who may have had the flu but never knew it because they didn't have any symptoms. The 3% to 11% range is an estimate of the proportion of people who have symptomatic flu illness.

#### Who is most likely to be infected with influenza?

The same CID study of found that children are most likely to get sick from flu and that people 65 and older are least likely to get sick from influenza. Median incidence values (or attack rate) by age group were 9.3% for children 0-17 years, 8.8% for adults 18-64 years, and 3.9% for adults 65 years and older. This means that children younger than 18 are more than twice as likely to develop a symptomatic flu infection than adults 65 and older.

#### How is seasonal incidence of influenza estimated?

Influenza virus infection is so common that the number of people infected each season can only be estimated. These statistical estimations are based on CDC-measured flu hospitalization rates that are adjusted to produce an estimate of the total number of influenza infections in the United States for a given flu season.

The estimates for the number of infections are then divided by the census population to estimate the seasonal incidence (or attack rate) of influenza.

#### Does seasonal incidence of influenza change based on the severity of flu season?

Yes. The proportion of people who get sick from flu varies. A paper published in CID [2] found that between 3% and 11% of the U.S. population gets infected and develops flu symptoms each year. The 3% estimate is from the 2011-2012 season, which was an H1N1-predominant season classified as being of low severity. The estimated incidence of flu illness during two seasons was around 11%; 2012-2013 was an H3N2-predominant season classified as being of moderate severity, while 2014-2015 was an H3N2 predominant season classified as being of high severity.

Table 1. Estimates of the Incidence of Symptomatic Influenza by Season and Age-Group, United States, 2010–2016

				Incidence, %, by Age Group					
	5eason	Predominant Virus(es)	Season Severity	0-4 yrs	5-17 yrs	18-49 yrs	50-64 yrs	≥65 yrs	All Ages
	2010-11	A/H3N2, A/H1N1pdm09	Moderate	14.1	8.4	5.3	8.1	4.3	6.8
	2011-12	A/H3N2	Low	4.8	3.6	2.5	3.1	2.3	3.0
	2012-13	A/H3N2	Moderate	18.6	12.7	8,9	14.3	9.9	11.3
	2013-14	A/H1N1pdm09	Moderate	12.4	7.2	9.2	13.0	3.4	9.0
	2014-15	A/H3N2	Hlgh	150	12.7	7.8	12.9	12.4	10.8
	2015-16	A/H1N1pdm09	Moderate	11.1	7.4	7.1	11.0	3.5	7.6
	Medlan			13.2	7.9	7.4	12,0	3.9	8.3

## Period of Contagiousness

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick.

• People with flu are most contagious in the first 3-4 days after their illness begins.

- Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

#### Onset of Symptoms

The time from when a person is exposed and infected with flu to when symptoms begin is about 2 days, but can range from about 1 to 4 days.

## Complications of Flu

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

## People at High Risk from Flu

Anyone can get flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than 5 years.

## Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

## Diagnosing Flu

It is very difficult to distinguish flu from other viral or bacterial respiratory illnesses based on symptoms alone. There are tests available to diagnose flu. More information is available: Diagnosing Flu.

## Treating Flu

There are influenza antiviral drugs that can be used to treat flu illness.

More information is available: "Seasonal Influenza, More Information."

Page last reviewed: September 13, 2019

Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

# PPTNM 2019 Influenza Vaccine Program Review/ Summary

December 2, 2019

All health center staff were offered the influenza vaccination beginning in October 2019. At the Memphis locations, 12 staff accepted the vaccine and 9 declined the vaccination. At our Nashville health center we had one employee on maternity leave, but 5 employees declined the vaccine and 9 accepted the vaccine. There are a variety of reasons for declining the vaccine. All health center staff received required education per policy.

Tarsha Elliott, DNP, FNP-C Chief Clinical Officer

Name	Health Center	Flu Vaccine/Declination	Notes
	Memphis	declined 11/19/2019	
	Memphis	declined 11/5/2019	
	Memphis	vaccine 10/24/2019	
	Memphis	vaccine 10/29/2019	
	Memphis	vaccine 10/29/2019	
	Memphis	vaccine 10/31/19	
	Memphis	vaccine 11/16/2019	
	Memphis	vaccine 11/19/2019	
	Memphis	vaccine 11/5/2019	
	Memphis	vaccine 11/5/2019	
	Memphis	vaccine 9/23/2019	
	Memphis	declined 11/14/2019	
	Memphis	decined 11/11/2019	
	Memphis	declined 11/13/2019	
	Memphis	vaccine 10/8/2019	
	Memphis	vaccine 9/23/2019	1)
	Memphis	vaccine 10/18/2019	

View View Tolly	Health Center	Flu Vaccine/Declination	Notes
Name	Nashville	vaccine 11/20/2019	
	Nashville	declined 10/25/19	
	Nashville	declined 10/25/19	
-20-	Nashville	declined 10/25/19	
	Nashville	declined 11/22/2019	
	Nashville	declined 11/22/2019	
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	Nashville	vaccine 10/25/19	
and the same of th	Nashville	vaccine 11/22/2019	
	Nashville	vaccine 11/22/2019	
	Nashville		on maternity leave