

## 2009 Seasonal Flu FAQs

### 1. Who should be vaccinated?

- All UI Faculty and Staff should consider receiving influenza vaccination, however, Centers for Disease Control and Prevention (CDC) identifies the following as priority groups: health care personnel who provide direct patient care, individuals who have chronic health conditions, those who have children under 6 months, individuals over age 50 and pregnant women.

### 2. What are the flu symptoms?

- High fevers, muscle aches, extreme tiredness, headaches, runny nose, sore throat, dry cough.

### 3. What are good health habits that help prevent the spread of flu?

- Get revaccinated every year.
- Cover your mouth and nose with a tissue when coughing/sneezing or cover your cough into your elbow instead of your hands.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Virus is often spread when a person touches something that is contaminated with virus and then touches his or her eyes, nose, or mouth. Flu virus can live on objects from 2-8 hours. Disinfect contaminated surface areas and objects with household cleaners.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### 4. In what time frame am I infectious and could transmit to others?

- Seasonal (or common) flu is a respiratory tract virus transmitted in respiratory droplets by person to person coughing and sneezing. You are infectious one day before symptoms and up to 5 days after becoming sick.
- Each year flu viruses change, so everyone must be re-vaccinated each year.

### 5. How soon does the flu shot protect me and for how long?

- Protection occurs 2 weeks after vaccination and lasts for approximately a year.

### 6. Can the flu shot cause the flu?

- No, the flu shot does not contain a live virus and cannot cause the flu.

### 7. What are common side effects of getting a flu shot?

- Sore arm, muscle aches, and/or low-grade fever are the most common side effects.

### 8. Can I get a flu shot after October 20, 2009 when the scheduled flu clinics end?

- There is no charge for qualified employees (non-hospital) requesting the influenza vaccinations during the dates posted. Free influenza vaccinations after these dates are subject to continued availability of vaccine and by making a scheduled appointment in UEHC ending December 31, 2009. Please call UEHC @ 356-3631 to schedule an appointment time. After December 31, 2009 you will need to contact your primary care provider.

### 9. If I am a student, where do I get my flu shot?

- UI Students are to go to UI Student Health Services. This includes all medical and health science students.  
<http://studenthealth.uiowa.edu/>

### 10. Where can I find more information on the flu?

- Centers for Disease Control and Prevention Website: [www.cdc.gov/flu](http://www.cdc.gov/flu)
- Iowa Department of Public Health Website: <http://www.idph.state.ia.us/adper/flu.asp>

### 11. Will there be an influenza vaccine shortage this year? No.

### 12. When must you get the seasonal flu vaccine?

- The best time to get the seasonal flu vaccine is as soon as it is available to you.

### 13. Why do I need a vaccine every year?

- Virus changes slightly from year to year, so the vaccine has to be changed to provide protection from the strain of flu that will be circulating that year.