

# QUADRIVALENT VACCINES FOR USE IN THE 2021-2022 INFLUENZA SEASON

*A/ Victoria/ 1/ 2020(H1N1) B/ Phuket/ 3073/ 2013(Yamagata lineage)*  
*A/ Tasmania/503/2020(H3N2) B/ Victoria/ 705/ 2018(Victoria lineage)*

## ABOUT INFLUENZA

Flu is a contagious disease that spreads every year.

Anyone can get the flu, but it is more dangerous for some people:

- 6mo-up to 5years old/ 65 years and older/ pregnant people
- certain diseases (respiratory/ kidney/ heart/ blood/ metabolic disorders/ neuromuscular diseases)
- immunosuppression condition/ taking long-term aspirin/ significant obesity

The flu virus is spread through the air by coughing and sneezing and the disease is caught by inhaling the airborne virus.

Flu symptoms include the abrupt onset of fever (lasting 3-4 days), headaches, fatigue (tiredness), muscle or body aches, sore throat, runny or stuffy nose, cough.

Some people may have vomiting and diarrhea.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications.

The best way to prevent seasonal flu is to get vaccinated every year.

Flu vaccination can help protect yourself from flu and also helps protect the people around you who are more vulnerable to flu and its complications.

It takes about 2 weeks for protection to develop after vaccination, and lasts for 4-5 months.

Influenza vaccine can be administered at any time during pregnancy(inactivated vaccine)

People with minor illnesses, such as a cold, may be vaccinated.

Please tell your health adviser if you had an allergic reaction after a previous influenza vaccination, or have any severe, life-threatening allergies, or ever had Guillain-Barré Syndrome.

There are many flu viruses, and they are always changing.

Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

## POSSIBLE ADVERSE REACTIONS

Minor problems following flu shot include: soreness, redness or swelling at the injection site, low-grade fever, runny nose, nasal congestion, cough, headache, tiredness.

(If they occur, usually starts after the shot and lasts 1-2days)

Can take a pain killer, such as paracetamol or ibuprofen to ease the discomfort, but DO NOT TAKE ASPIRIN.

There may be a very small increased risk of Guillan-Barre Syndrome after inactivated influenza vaccine.

Young children who get the flu shot along with PCV 13 and/or DTaP vaccine.

might be slightly more likely to have a febrile seizure.

Safe to carry out normal daily activities, but avoid strenuous exercise and excessive alcohol intake.

Can take a bath or shower, but do not scrub the injection site.

*Visit the websites below if you need to learn more:*

<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

[https://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou01/qa\\_eng.html](https://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou01/qa_eng.html)

<https://www.fda.gov/vaccines-blood-biologics/safety-availability-biologics/influenza-virus-vaccine-safety-availability>