



A Public Entity

Inland Empire Health Plan

HOW TO DECIDE IF THE FLU SHOT IS RIGHT FOR YOU.

Should I get
the flu shot?

YES

NO



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WHAT IS THE FLU?

- ♥ The flu is a virus that strikes millions each year.
- ♥ It causes mild to severe illness.
- ♥ Most people get better in 7 – 10 days, but for some, the flu can worsen chronic health problems like heart disease, asthma, or diabetes.
- ♥ All people 6 months old and older, plus pregnant women and people with chronic health problems, can get the flu shot early.

WHAT IS THE FLU SHOT?

- ♥ The flu shot is made of inactive flu virus. Some flu shots contain egg proteins.
- ♥ The flu shot protects against the three or four flu viruses that will be most common during the season.

IEHP covers the flu shot. It's **FREE** to Members who get it from a Provider in our network!



IS THE FLU SHOT FOR ME?

YES

Get the flu shot before or during flu season -

if you can check one of the boxes below for you or your loved one

- Babies as young as 6 months of age** - there are certain vaccines approved for this age.
- Babies, kids, teens & young adults** - different flu shots are approved for people of different ages. Everyone should get a vaccine that is appropriate for their age.
- Adults** - some vaccines are only approved for adults. For example, a flu shot called the “the recombinant influenza vaccine” is for people aged 18 years and older, and the “adjuvanted and high-dose inactivated vaccines” are for people aged 65 years and older.
- Pregnant women and people with chronic health conditions.**

NO

Decline the flu shot - if you (and/or your loved one) are among those who SHOULD NOT get it, as listed below:

- Children younger than 6 months of age** – they are too young to get a flu shot.
- People with severe, life-threatening allergies to the flu shot** or any ingredient in it. This might include eggs, gelatin, antibiotics, or other ingredients.

WHAT OTHER HEALTH FACTORS MAY AFFECT YOUR CHOICE?

You should take a flu shot if you **OR** someone you live with has a **chronic condition that needs regular visits to a Doctor**. Check *any that apply*:

- Chronic heart disease Diabetes
 Asthma None of these fit me
 Other _____

POSSIBLE SIDE EFFECTS

- The flu vaccine may slightly increase the risk of developing Guillain-Barré Syndrome (GBS). It is a rare nervous system disorder that can cause serious muscle weakness. GBS only affects one in a million people who get the flu shot.
- Some people wonder if the flu shot causes fever, fatigue, headache, or muscle pain. They are just as likely to get these symptoms if they are given a shot with a placebo.
- There is no clear evidence linking the flu vaccine to a higher risk of developing autism in adults or children.

WHAT DOES THE RESEARCH SHOW?

See the table below for facts about getting the flu shot:
(The charts show what happens to 100 people who chose other options during a flu season.)

Fewer people in the community **get the flu** during an outbreak if they take the flu shot.

✗
NO FLU SHOT



✓
FLU SHOT



Fewer patients **die from the flu** if their care Provider has a flu shot.

✗
NO FLU SHOT



✓
FLU SHOT

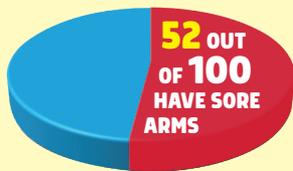


More people who have a flu shot report **having a sore arm** for 1 or 2 days.

✗
PLACEBO
a shot that is not active



✓
FLU SHOT



HOW IMPORTANT IS GETTING THE FLU SHOT TO YOU?

After reading about getting the flu shot (on pp. 1 - 4), check the box next to the reason that best shows your choice (i.e., not important or very important).

Reasons	NOT Important	VERY Important
Keeping a person from getting sick with the flu	<input type="checkbox"/>	<input type="checkbox"/>
Reducing the risk of going to the hospital to care for severe flu	<input type="checkbox"/>	<input type="checkbox"/>
Reducing the risk of getting admitted to an intensive care unit (ICU)	<input type="checkbox"/>	<input type="checkbox"/>
Preventing serious medical events associated with chronic conditions	<input type="checkbox"/>	<input type="checkbox"/>
Protecting a person and those around who are more likely to get severe flu illness	<input type="checkbox"/>	<input type="checkbox"/>
Reducing the severity of illness in people who get the flu shot but still get sick	<input type="checkbox"/>	<input type="checkbox"/>

If most of your answers are “**VERY Important**,” then you should get the flu shot – unless you are among those listed on page 2 who should NOT get it.

TEST YOUR KNOWLEDGE

Find out how well this brochure helped you learn the key facts. Check the best answer:

	Flu Shot	Refuse Flu Shot	Don't Know
1. Which choice has the highest chance of you getting the flu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Which choice has the lowest chance of patients dying from flu that was spread by their care Providers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Which choice has the highest chance of a sore arm as a side effect?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ANSWER KEY: 1. Refuse flu shot 2. Flu shot 3. Flu shot

	YES	NO
Knowledge: Do you know enough about the benefits and side effects of each choice?	<input type="checkbox"/>	<input type="checkbox"/>
Values: Are you clear about which benefits and side effects matter most to you?	<input type="checkbox"/>	<input type="checkbox"/>
Support: Do you have enough support and advice from others to make a choice?	<input type="checkbox"/>	<input type="checkbox"/>
Doubt: Do you feel sure about the best choice for you?	<input type="checkbox"/>	<input type="checkbox"/>

MY DECISION

Check your next steps:

-  I have chosen to take the flu shot before or during the flu season.
-  I need to talk about the choices with my Doctor and family.
-  The flu shot is not for me

WHERE CAN YOU GET A FLU SHOT?

Flu shots are offered in many Doctor's offices, clinics, health departments, and pharmacies. Contact your Doctor's office to find out where you should get one.

This information is not intended to replace the advice of a health care Provider.

IEHP adapted this decision aid from the Ottawa Influenza Decision Aid (OIDA), which was developed by Canadian researchers who conducted an extensive review of the available scientific literature. Content Editors: A. McCarthy MD, S. Sullivan MSc, J. Sutherland MEd and the Ottawa Influenza Decision Aid Planning Group Funded in part by: CIHR, MOHLTC via SHRTN. All Authors have declared no conflict of interest. Format is based on the Ottawa Decision Guide.

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To learn more, please contact the Occupational Health and Safety Department for the “Facts and Numbers Behind the Ottawa Influenza Decision Aid.”

Source: CDC Fact Sheet: “Influenza Vaccine: Who Should Get It, and Who Should Not.”



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Adapted from the
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