



St. Mary's Church

Stewardship of the Body

“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)

Flu Shots

**A flu shot clinic will be offered at St. Mary's Church on September 25th
From 9:00 a.m. to 3:00 p.m.
In the Gym**

Why should I get a flu shot this year? Seasonal influenza vaccination is the most important way of preventing seasonal influenza virus infections which can result in potentially severe complications, including death, for some people. Flu vaccination reduces the likelihood of becoming ill with flu or transmitting it to others.

What types of flu does the vaccine prevent? The 2011-2012 seasonal influenza vaccine protects against the 3 strains of flu that are predicted to be prevalent during the next 12 months:

1. an influenza A H₃H₂ virus
2. an influenza B virus
3. the 2009 H₁N₁ virus that caused widespread illness in 2009-2010.

What are the types of vaccines available this year? Two types of flu vaccine are licensed by the Food and Drug Administration (FDA) for use in the United States:

- trivalent inactivated influenza vaccine (TIV) and
- live, attenuated influenza vaccine (LAIV).

Both types will protect against the three strains of flu virus.

How are the vaccines given?

- TIV is injected into the muscle of the upper arm or thigh.
 - It can be used for healthy people who are 6 months of age or older.
 - It can be used in people with chronic medical conditions and women who are pregnant.
- For the 2011-2012 flu season, a new TIV product is available that uses an ultra-fine needle that is shorter in order to give the vaccine into the skin.
 - It can be used for adults ages 18 to 64.
- LAIV is given as a nasal spray.
 - It can be used for healthy people ages 2 to 49 who are not pregnant.

Who should not receive a flu shot?

- Persons who have had a previous severe allergic reaction to TIV
- Infants less than 6 months of age
- Persons allergic to eggs
- Persons who have a moderate or severe acute illness with or without a fever
- Persons who had a previous case of Guillain-Barre Syndrome within 6 weeks of a previous flu shot