

## Influenza

### **Who should get the flu shot?**

This flu season the Advisory Committee for Immunization Practices recommends all individuals six months and older be vaccinated for the flu (excluding those individuals with contraindications, see your pharmacist or health care provider for more information)<sup>1</sup>.

### **I received the flu shot last year; do I need to get it again?**

Yes. The flu shot is recommended annually. Each year the seasonal flu vaccine changes due to variations in the virus called mutations. Due to the mutations the vaccine must be altered to provide protection from the virus<sup>2</sup>.

**Do I need to get two shots again, the H1N1 and the Seasonal Flu?** No. The 2010-2011 flu vaccine will contain both the H1N1 and seasonal flu vaccine.

**I'm afraid of needles, do I have any options?** For those individuals ages 2-49 with no chronic medical conditions or contraindications there is a nasal vaccine

available. See your pharmacist or health care provider for details.

**I'm scared I will get the flu from the vaccine, can this happen?** No. Neither the flu shot nor the nasal vaccine can cause the Flu<sup>2</sup>.

## Pneumococcal

### **Can you die from pneumococcal disease?**

Yes. An estimated 60,000 individuals will die each year from pneumococcal disease and related complications<sup>3</sup>.

### **I had a pneumococcal shot when I was younger, do I need another shot?**

Pneumococcal polysaccharide vaccine (PPSV) is the vaccine for those 19 and older. If an individual had already received a dose of PPSV before the age of 65 and it has been more than 5 years, and individual will receive one additional dose of PPSV<sup>2</sup>.

**I smoke or have asthma; do I need the pneumococcal vaccine?** Yes. Individuals ages 19-64 who smoke or have asthma are recommended to get the pneumococcal vaccine<sup>4</sup>.

**I am 65 years or older, what are the recommendations for me?** The pneumococcal vaccine is recommended for patients 65 and older without contraindications as a onetime dose<sup>4</sup>.

## SHINGLES

**What is my likelihood of developing Shingles (also known as Zoster)?** Over ½ of all individuals living to the age of 85 will experience a Shingles outbreak<sup>5</sup>.

### **I have already had a Shingles outbreak; do I still need the vaccine?**

Yes. The Centers for Disease Control (CDC) recommends vaccinating if the individual is over the age of 60 and has no contraindications. However, the Shingles vaccine is NOT used to treat a current, active episode of Shingles<sup>6</sup>.

### **When should I get the vaccine?**

Individuals 60 years and older with no contraindications should be vaccinated with a onetime shot; see you pharmacist or health care provider for contraindications<sup>5</sup>.

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PROTECTED?**



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IMMUNIZATIONS**

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LICENSED TO  
PROVIDE YOU  
WITH INFLUENZA,  
PNEUMOCOCCAL  
AND ZOSTER  
(SHINGLES)  
VACCINE?**

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1. CDC.com Prevention and Control of Influenza with Vaccines. Recommendation of the Advisory Committee on Immunization Practices (ACIP), 2010.

2. Pharmacy Based Immunization Delivery. March 2010. American Pharmacist Association.

3. www.pharmacist.com

4. www.cdc.gov

5. www.immunize.org Ask The Experts: Zoster.

6. www.cdc.com Prevention of Herpes Zoster. Recommendations of the Advisory Committee on Immunization Practices (ACIP).