

What Information does UConn Health report to the CDC and CMS?

Most hospitals, including UConn Health, are required to report the rate of vaccination among employees, students, trainees and volunteers from October 1 through March 31. This data gets reported to the CDC in **aggregate and does not identify individuals**. We report the total vaccination rate at our institution. This institutional data is shared with the Centers for Medicare and Medicaid Services (CMS). Since influenza vaccination is self-reported it is **essential** that all UConn Health employees, students, trainees and volunteers report whether they have received vaccination and if no, whether they declined for a medical or other reason.

Protective Actions

What should I do to protect myself from the flu this season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting yourself against this serious disease. In addition to getting a seasonal flu vaccine, you can take everyday preventive actions like washing your hands to reduce the spread of germs. If you are sick with the flu, stay home from work or school to prevent spreading the flu to others.

What should I do to protect my loved ones from the flu this season?

Encourage your loved ones to get vaccinated. Vaccination is especially important for people at high risk for developing flu-related complications and their close contacts. CDC recommends that people who are at high risk for serious flu complications who get flu symptoms during flu season be treated with influenza antiviral drugs as quickly as possible. Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine. If you live with or care for an infant younger than 6 months of age, you should get a flu vaccine to help protect them from the flu. In addition to getting vaccinated, you and your loved ones can take everyday preventive actions like washing your hands to reduce the spread of germs.

Connecticut Influenza Rates

2015-2016

During the 2015-2016 influenza season there were 5,892 laboratory-confirmed cases of influenza in Connecticut including 1,383 hospitalized patients and 35 influenza-associated deaths. Of all lab-confirmed cases, 69% were caused by influenza A and 31% were caused by influenza B. This total number only reflects those who underwent testing which is likely an underestimate of the total number of actual cases. This information was provided by the Connecticut Department of Public Health.

Influenza Facts

- Anyone can get sick from the flu.
- Influenza viruses are spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are up to about 6 feet away or possibly be inhaled into the lungs.
- Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Symptoms start 1 to 4 days after the virus enters the body.
- Annual vaccination is important because influenza is unpredictable, flu viruses are constantly changing and immunity from vaccination declines over time.

For further information please visit the following websites:

<http://www.cdc.gov/flu/protect/vaccine/index.htm>

<http://www.cdc.gov/flu/toolkit/long-term-care/importance.htm>

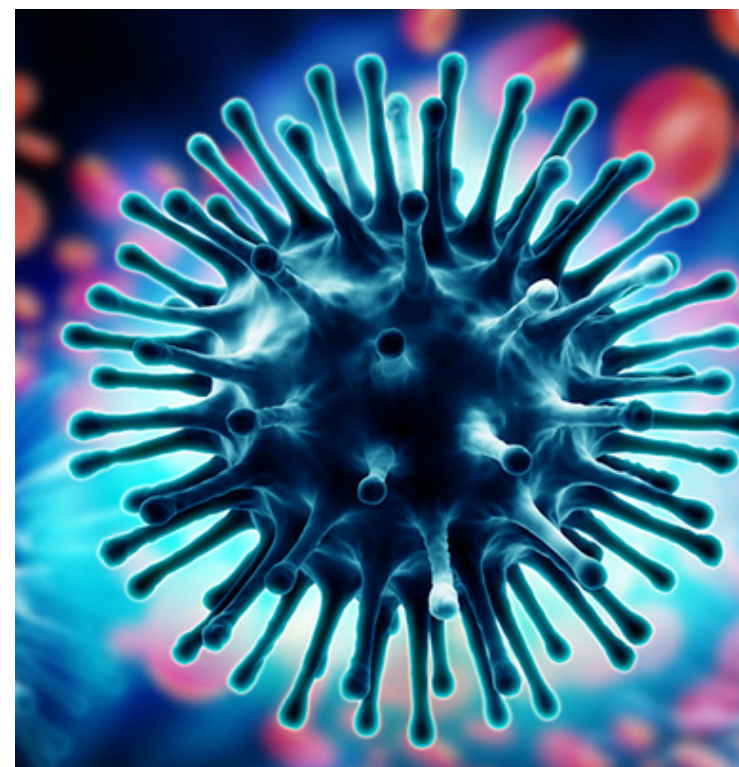
<http://www.cdc.gov/flu/toolkit/long-term-care/index.htm>

Information in this pamphlet references guidance from the CDC Seasonal Influenza Vaccine Resources for Health Professionals.

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2016-2017 Influenza Program



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Quadrivalent Vaccine

This year, UConn Health will be providing a Quadrivalent vaccine, meaning that the four strains anticipated to cause the highest burden of infection will be included. The 2016-17 Quadrivalent vaccine will include the following strains:

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Hong Kong/4801/2014 (H3N2)-like virus
- B/Brisbane/60/2008-like virus (B/Victoria lineage)
- B/Phuket/3073/2013-like virus (B/Yamagata lineage)

Why Get Vaccinated?

- You can get the flu from patients and coworkers who are sick with the flu.
- If you get the flu, you can spread it to others even if you don't feel sick
- By getting vaccinated, you help protect yourself, your family at home, coworkers and your patients.

How Many Health Care Workers Got Vaccinated Last Season?

- Nationally, Early season 2014-15 flu vaccination coverage among health care personnel was 64.3%
- Nationally by occupation, early season flu vaccination coverage was highest among pharmacists (86.7%), nurse practitioners/physician assistants (85.8%), physicians (82.2%), nurses (81.4%), and other clinical professionals (72.0%)

Nationally, Flu vaccination coverage was lowest among administrative and non-clinical support staff (59.1%) and assistants or aides (46.6%)

When should I get vaccinated?

While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks between December and February. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against virus infection, it is best that people get vaccinated early so they are protected before influenza begins spreading in their community.

Misconceptions about Flu Vaccines

The seasonal flu vaccine protects against the influenza viruses research indicates will be most common during the upcoming season.

Can a flu shot give you the flu?

No, a flu shot cannot cause flu infection. Flu vaccines given with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all. The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.

Why do some people not feel well after getting the Flu vaccine?

Some people report having mild reactions to flu vaccination. The most common reaction to the flu shot in adults has been soreness, redness or swelling at the spot where the shot was given. This usually lasts less than two days. This initial soreness is most likely the result of the body's early immune response reacting to a foreign substance entering the body. The most common reactions people have to flu vaccine are considerably less severe than the symptoms caused by actual flu infection.

Is it better to get the flu than the flu vaccine?

No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

Importance of Influenza Vaccination for Health Care Personnel

Health Care Personnel may have direct or indirect contact with older adults, persons with disabilities, and persons with chronic medical conditions receiving care. Studies show that during a confirmed influenza outbreak in a facility, up to one in three residents and one in four staff develop an influenza-like illness. Preventing influenza among health care personnel can help reduce the spread of influenza in patient populations.

Vaccination of Health Care Personnel may reduce:

- Transmission of influenza
- The number of Health Care Personnel continuing to work while they are ill due to a potential loss in wages
- Staff illness and absenteeism
- Influenza-related infection and hospitalization, especially among people at increased risk for severe influenza illness

Sometimes health care personnel have mild flu symptoms but do not realize they have influenza and might report to work and infect patients or other staff. During flu season, health care personnel should not report to work if experiencing flu symptoms.

Higher vaccination levels among hospital staff have been associated with a lower rate of hospital-acquired influenza.