

## **What Everyone Should Know About Seasonal Flu and the Seasonal Flu Vaccine**

Seasonal flu is not just a really bad cold. The flu is a contagious illness that affects the nose, throat, lungs and other parts of the body. It can spread quickly from one person to another. It can cause mild to severe illness, and at times can lead to death. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something - such as a surface or object - with flu viruses on it and then touching their mouth or nose. Every year in the U.S., on average:

- 5% to 20% of the population gets the flu,
- More than 200,000 people are hospitalized from seasonal flu complications and;
- About 23,500 (and as high as about 48,000) people die from seasonal flu.

**The best way to prevent seasonal flu is by getting a flu shot or flu spray vaccination every year.**

### **When to get vaccinated against seasonal flu:**

Yearly flu vaccination should begin in September, or as soon as vaccine is available, and continue throughout the flu season which can last as late as May. This is because the timing and duration of flu seasons vary. While flu season can begin early as October, most of the time seasonal flu activity peaks in January, February or later.

<http://www.cdc.gov/flu/keyfacts.htm>

### **You can't get flu from getting a flu vaccine!**

The flu vaccine does not give you the flu. It stimulates your body to produce antibodies. These antibodies provide protection against infection by flu viruses.

The flu vaccine takes about two weeks after vaccination for the antibodies to provide protection against influenza virus infection. Until then, you are still at risk for getting the flu.

[http://www.health.ny.gov/diseases/communicable/influenza/seasonal/what\\_everyone\\_should\\_know.htm](http://www.health.ny.gov/diseases/communicable/influenza/seasonal/what_everyone_should_know.htm)

## General Flu Information

- [Information on the Influenza Vaccine](#)
- [Information on Influenza](#)
- [Influenza Fact Sheet](#)
- [Questions & Answers: Cold Versus Flu - Centers for Disease Control and Prevention](#)
- [Centers for Disease Control and Prevention Seasonal Influenza home page](#)
- [Questions & Answers Seasonal Influenza, Centers for Disease Control and Prevention](#)
- [Good Health Habits for Preventing Seasonal Flu, Centers for Disease Control and Prevention](#)
- [CDC Flu Prevention Toolkit: Real People, Real Solutions, Centers for Disease Control and Prevention](#)
- [The Flu: Caring for Someone Sick at Home, Centers for Disease Control and Prevention](#)

## Information on the Influenza Vaccine

- [2013-2014 Seasonal Influenza Vaccine Updates, Centers for Disease Control and Prevention](#)
- [Flu Vaccination Clinics in New York State](#)
- [Seasonal Flu Vaccine, Questions and Answers, Centers for Disease Control and Prevention](#)
- [Preventing Seasonal Flu With Vaccination, Centers for Disease Control and Prevention](#)
- [Misconceptions about Seasonal Influenza and Influenza Vaccines, Centers for Disease Control and Prevention](#)
- [Seasonal Flu Shot, Centers for Disease Control and Prevention](#)
- [Intradermal Influenza \(Flu\) Vaccination \(injected into the skin instead of muscle\), Centers for Disease Control and Prevention](#)
- [The Nasal-Spray Flu Vaccine \(Live Attenuated Influenza Vaccine, LAIV\), Centers for Disease Control and Prevention](#)
- [You Need a Seasonal Flu Shot or the Seasonal Flu-Spray Vaccine Every Year](#)
- [Seasonal Influenza Vaccine Safety, Centers for Disease Control and Prevention](#)
- [Vaccine Safety and the Importance of Vaccines](#)

## Regulation for Prevention of Influenza Transmission by Healthcare and Residential Facility and Agency Personnel

### General Information

- [Prevention of Influenza Transmission by Healthcare and Residential Facility and Agency Personnel \(PDF\)](#) (Effective Date 07/31/2013)
- [DAL: DAL-NH-13-04: Flu Mask Requirements](#) (Effective Date 07/17/2013)
- [Frequently Asked Questions](#) (Effective Date 07/31/2013)

### Data Collection and Reporting

- [Dear Administrator letter regarding the Healthcare Personnel \(HCP\) Influenza Vaccination Report \(PDF, 3.74MB\)](#) (Effective Date 08/15/2013)
  - [HCP Influenza Vaccination Report: Frequently Asked Questions \(PDF, 4.54MB\)](#) (Effective Date 08/15/2013)
  - [Instructions for the HCP Influenza Vaccination Report \(PDF, 3.95MB\)](#) (Effective Date 08/15/2013)
- [Influenza Vaccine Medical Exemption Statement for Health Care Personnel \(PDF\)](#)
- [Influenza Vaccine Declination Statement for Health Care Personnel \(PDF\)](#)
- [Order form for Influenza Immunization Consent form \(PDF\)](#)
- [Health Care Facility Influenza Immunization Toolkit](#)

(Contents from NYSDOH website)