

## Flu? What? Where? Why?

Can you get the flu from the flu vaccine? When should you get it? Get the answers to these questions and more in this quiz!

### How long does the flu vaccine protect you?

- a) 12 months
- b) 8 months
- c) 6 months
  - i. Flu vaccine immunity — meaning immune system protection — doesn't last long. After about 6 months, your immunity starts to fade. This falling level of protection (from a lessening amount of antibodies), combined with ever-mutating flu viruses, means it's important to be vaccinated for the flu every year.
- d) 4 months

### Which of these flu vaccines is approved for people 65 years and older?

- a) Live attenuated influenza vaccine
- b) Fluzone high-dose quadrivalent vaccine
  - i. To help provide better protection, there are a few recommended options for older adults this year: Fluzone High-Dose Quadrivalent — also known as the “high-dose flu shot”; Fludac Quadrivalent; Flublok Quadrivalent
- c) Combivalent influenza vaccine
- d) Live attenuated high-dose influenza vaccine

### For what two reasons does someone need the flu vaccine every year? [select two]

- a) An annual flu vaccine is needed for best protection, because vaccine protection declines over time.
- b) Vaccines must be updated each year to protect against the current flu virus strand.
  - i. The flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with rapidly adapting flu viruses.
- c) When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time — another reason to get a flu shot every year.
- d) The flu vaccine will help protect against other viruses prevalent during the current year.
- e) The flu vaccine is given as a precaution even if the flu does not go around during the current year.
- f) Each flu vaccine someone gets builds up their immunity to the flu year by year

### For which group is the nasal spray vaccine approved for?

a) People between 2 and 49 years old

- i. The nasal spray vaccine is approved for people 2 years through 49 years of age. Many people in this age group can receive the nasal spray vaccine, including people with egg allergies.

b) Adults aged 50 to 64

c) Pregnant women

d) Children 2 to 4 years old who have had asthma or wheezing in the past 12 months

**Can the flu vaccine give you the flu?**

a) Yes

b) Occasionally

c) No

- i. The flu shot is made from an inactivated virus that can't transmit infection. So, people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the flu shot caused their illness.

d) Has not been determined conclusively

**Does getting the flu build a stronger immunity than getting the vaccine?**

a) Yes

b) No

- i. 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.

c) Both build an equal amount of immunity to the flu

d) Has not been determined conclusively

**What factor does not affect whether some people should be vaccinated?**

a) Age

b) Health

c) Weight

- i. People who SHOULD NOT get a flu shot include: children under the age of 6 months; people with severe, life-threatening allergies to any ingredient in a flu vaccine (other than egg proteins); or people who have had a severe allergic reaction to a dose of influenza vaccine (Those who fall in this category should not get that flu vaccine again and might not be able to receive other influenza vaccines).

d) Allergies

**Which of these will not be a possible side effect of the flu vaccine?**

- a) Low-grade headache
- b) Muscle aches
- c) Fatigue
- d) Loss of smell
  - i. Common side effects from a flu shot include soreness, redness and/or swelling where the shot was given, headache (low grade), fever, nausea, muscle aches, and fatigue. The flu shot, like other injections, can occasionally cause fainting.

**When the flu vaccine is similar to that year's circulating flu virus, the risk of having to go to the doctor with flu is reduced by:**

- a) 10-20%
- b) 40-50%
- c) 40-60%
  - i. During seasons when flu vaccine viruses are similar to circulating flu viruses, the flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 to 60%.
- d) 70-80%

**When is the ideal time to get a flu vaccine?**

- a) September or October
  - i. It's best to be vaccinated before the flu begins spreading in your community. September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October.
- b) November
- c) November or December
- d) February