



COVID Preventive Measures Still Apply

Info

get your Flu Shot



Where:
Gricignano (High School sport's field)

When:
19 November

What to bring:
Bring the "DHA 116 Influenza Screening" form



Feel sick,
stay home



Social
distance



Wear
a mask



Hands
washing



Be patient on the date
of the shot



Flu Vaccine

Although sometimes incorrectly regarded as just another bad cold, flu kills tens of thousands of people each year, with the very young, the elderly and those with underlying conditions the most vulnerable. When coupled with the effects of COVID-19, public health experts say it's more important than ever to get a flu shot.

If enough of the population gets vaccinated it could help prevent a nightmare scenario in the coming winter of hospitals stuffed with both COVID-19 patients and those suffering from severe effects of influenza.

The flu vaccine is a safe and effective vaccine. It's offered every year to help protect people at risk of flu and its complications.

The best time to have the flu vaccine is in the autumn before flu starts spreading.

Flu Vaccine and COVID-19

Flu vaccination is especially important this year because:

- If you're at higher risk from coronavirus, you're also more at risk of problems from flu.
- If you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill.
- It'll help to reduce pressure on the health care system and social care staff who may be dealing with coronavirus patients.

If you've had COVID-19, it's safe to have the flu vaccine. It'll be effective at helping to prevent flu.

Contacts

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Q & A

Q: When should I get my flu shot?

Medical professionals recommended that people “get a flu vaccine by the end of October,” but noted it’s not too late to get one after that because shots “can still be beneficial and vaccination should be offered throughout the flu season.”

Even so, some experts say not to wait too long this year — not only because of COVID-19, but also in case a shortage develops because of overwhelming demand.

Q: What are the reasons I should get a flu shot?

Get a shot because it protects you from catching the flu and spreading it to others, which may help lessen the burden on hospitals and medical staffs. Other reasons to get a flu shot:

- While a flu shot won’t prevent COVID-19, getting one could help your doctors differentiate between the diseases if you develop any symptoms — fever, cough, sore throat — they share.
- Even though flu shots won’t prevent all cases of the flu, getting vaccinated can lessen the severity if you do fall ill.
- You cannot get influenza from having a flu vaccine.
- All eligible people, especially essential workers, those with underlying conditions and those at higher risk — including very young children and pregnant women — should seek protection.
- Children over 6 months old should get vaccinated.

Q: How effective is the flu vaccine? Can I get the flu after I am vaccinated?

The flu vaccine gives the best protection against flu.

Flu vaccines help protect against the main types of flu viruses, although there’s still a chance you might get flu.

It’s possible to get sick with flu even if you have been vaccinated (although you won’t know for sure unless you get a flu test). Think of the flu shot as a preventive measure, it helps to reduce the risk of spread, not get rid of the risk altogether.

If you do get flu after vaccination, it’s likely to be milder and not last as long.

Having the flu vaccine will also stop you spreading flu to other people who may be more at risk of serious problems from flu.

It can take 10 to 14 days for the flu vaccine to work.

Q: Are there side effects to the vaccine? Or will it give me the flu?

The flu vaccine cannot give you flu. None of the flu vaccines contains live viruses so they cannot cause flu.

If you are unwell after vaccination, you may have something else. Or you may have caught flu before your vaccination had worked.

Flu vaccines are very safe. Most side effects are mild and only last for a day or so, such as:

- Slightly raised temperature
- Muscle aches
- Sore arm where the needle went in – this is more likely to happen with the vaccine for people aged 65 and over

Try these tips to help reduce the discomfort:

- Continue to move your arm regularly.
- Take a painkiller, such as paracetamol or ibuprofen – some people, including those who are pregnant, should not take ibuprofen unless a doctor recommends it.

Q: Does a flu vaccine increase your risk of getting COVID-19?

There is no evidence that getting a flu vaccine increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

SYMPTOMS OF FLU?

If you have symptoms (fever, cough, sneezing and breathing difficulties, joint and muscle pain):

- Contact your family doctor by phone; do not go to the GP waiting room or a hospital emergency department.
- Do not come to JFCNP HQ.
- Report on your chain of command and to your SNR, proving the information from the INCSPOTREP.
- Inform JFCNP HQ Occupational Medicine Specialist via e-mail nicola.olivieri@jfcnp.nato.int providing your phone number. Relevant information will be collected and proper instructions will be given depending on the situation.

Monitor the onset of symptoms (in particular, dry cough, fever, mucous congestion, rhinitis and breathing difficulties) in the 14 days following contacts, in particular by measuring body temperature twice a day (morning / evening).

Q: How will the vaccine be recorded in my medical records?

Each patient will be given a card, showing that they have received the flu shot. It has pertinent information on it, such as lot number and location of the shot, which they should be able to produce for entry into their medical records.

Keep this card and provide it to your medical system.

Q: Is the vaccine an EU approved vaccine?

The vaccine is a US vaccine being given by US Navy Medics, and signing the screening form accepts that situation. There is no medicolegal reason why it cannot be given in the EU, and the vaccine is safe and approved for use by Food and Drug Administration.