

Important Notice for People Receiving Influenza (Flu) Vaccination

The guidelines of the Japanese Ministry of Health, Labour and Welfare say that it is ultimately your responsibility for deciding to get a flu vaccination (If you are a minor, your parent/guardian is responsible for your vaccination).

At our center, a single flu shot will be given to patients who we determine appropriate to get one, considering their health conditions on the day.

<Key Facts about Influenza (Flu) and its complication >

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Usually symptoms like acute fever, sore throat, cough and sneeze appear 1-5 days after infection, and disappear in about one week.

It can cause mild to severe illness, and at times can lead to serious complications (pneumonia, death...etc.)

People at greater risk of the flu includes older people, infants and people with certain health conditions such as weakened immune systems.

<Target of flu vaccine>

Flu vaccine for 2019-2020 season is developed against four strains including two of typeA and two of typeB .

Flu vaccination can keep you from getting flu, make flu less severe if you do get it.

It can reduce the risk of more serious flu outcomes and death.

Common side effects

①hypersensitivity: rush, hives, eczema, erythema, erythema multiforme, itch or angioedema, appears immediately or after a few days of vaccination

②local symptoms: redness, expansion, induration, feeling of heat, pain, blisters, numbness ...**usually disappears in a few days**

③constitutional symptoms: fever, chill, headache, physical weakness, temporary unconsciousness, dizziness, lymphadenopathy, nausea, vomit, stomachache, diarrhea, loss of appetite, arthritis, muscle pain, muscle weakness, cough, palpitation, etc. ...**usually they should disappear in a few days**

④neurological disorders: facial paralysis etc., phlegmon (bacterial suppuration, faint, vasovagal reaction), peripheral neuropathy

⑤ophthalmopathy : uveitis

Rare but serious side effects: if you find a sign of the following, please consult a doctor.

①shock, anaphylactic reaction

* Anaphylactic reaction is a severe allergic reaction such as hives, breathing trouble or angioedema that usually happens within 30 minutes.

②Acute disseminated encephalomyelitis (fever, headache, convulsion, movement disorders, unconsciousness)

③encephalitis, encephalosis, myelitis, optic neuritis

④Guillain-Barré Syndrome (numbness of limbs, gait disorders)

⑤Convulsion (including febrile seizure)

⑥Liver dysfunction, jaundice

⑦asthmatic attack

⑧thrombocytopenic purpura, thrombocytopenia

⑨vasculitis (allergic purpura, allergic granulomatous angiitis, leukocytoclastic vasculitis)

⑩interstitial pneumonitis

⑪Stevens-Johnson syndrome (rash, skin peeling, and sores on the mucous membranes.)

⑫Nephrosis

Aid for the person who suffer from a certain level of disability due to illness caused by vaccination is to be processed by the person or his/her family in accordance with Act on Pharmaceuticals and Medical Devices Agency, Independent Administrative Agency, .

<You should not be vaccinated when>

①your temperature is over 37.5°C

②you are undoubtedly suffering a serious acute illness

③you are allergic to the influenza vaccine components and with a history of anaphylaxis

④our physician has determined that your vaccination is medically inappropriate

<You should have a pre-vaccination consultation if >

①you have underlying diseases such as heart disease, renal disease, liver disease or hematologic disease.

②you are suspectedly getting a cold.

③Children having developing problem and being watched by a physician or public health nurses.

④you experienced allergic symptoms such as fever, rash or hives within two days after your last vaccination.

⑤you have a history of convulsions.

⑥you were diagnosed having an immunodeficiency disease or you have a close family member with a congenital immunodeficiency syndrome.

⑦you have respiratory tract disease such as interstitial pneumonia or bronchitic asthma.

⑧you developed a rash or faced any physical problems by medication or eating food such as chicken egg or meat.

⑨you have the possibility of being pregnant

<Things to remember after receiving vaccination>

①Stay in the campus for another 30 minutes after you receive a flu vaccination. If an allergic response is observed, return to the health care service center where you had the vaccination.

②You may bathe after you receive a vaccination but try not to massage the site of injection.

③Keep the site of injection clean and continue the day as usual. However, avoid heavy exercise and alcohol.

④Be aware that side effects may occur in 1 week after a flu vaccination.

⑤Should you any abnormal symptoms occur, such as fever or convulsion, immediately see a doctor.