

## The Influenza Vaccine

Before you receive vaccination against Influenza, the doctor needs to know about your health condition in detail. Please enter precise information in the questionnaire to the best of your knowledge.

### 1. Influenza and its complication

Influenza is transmitted through the air by coughs or sneezes, creating aerosols containing the virus or through contact with contaminated surfaces. The most common symptoms of the disease, which begin 1-5 days after infection, are chills, high fever, sore throat, muscle pains, coughing, sneezing and fatigue. Usually these symptoms are healed within a week in self-limited way. But sometimes, especially in case of seniors, babies or immunodeficient patients, it may cause severe complications like pneumonia and / or even death.

### 2. Efficacy and side reactions to the vaccine

Vaccination against influenza can prevent influenza infection or lessen symptoms in severity. Vaccination is expected to prevent complications and death that may result from influenza infection. On the other hand, known side reactions to influenza vaccine are mild in general. Redness, swelling, induration, feeling hot and pain may occur at the injection spot. There are a few people out of 100 have a fever, and , approximately 1 person out of 10 have swelling. It has been reported that following side reaction may occur very rarely. (1) Shock / anaphylaxis (urticaria, dyspnea, and angioedema etc.), (2) Acute disseminated encephalomyelitis (fever, headache, convulsions, dyskinesia, transient loss of consciousness occur within several days to 2 weeks after inoculation), (3) Guillain-Barré syndrome (Numbness of limbs, gait disturbance etc.), (4) Convulsion (including fever convulsion), (5) Hepatic impairment and jaundice, (6) Asthma, (7) Thrombocytopenic purpura, Thrombopenia, (8) Vasculitis allergic purpura, Allergic and granulomatous angiitis , Leukocytoclastic vasculitis, (9) Interstitial pneumonia, (10) Encephalitis, Encephalosis, Rachiomyelitis, Optic neuritis (11) Mucocutaneous ocular syndrome (Stevens-Johnson syndrome), (12) Nephrotic syndrome, (13) Tremor.

### 3. You cannot receive vaccination if you have any of the following conditions.

1. Overt fever (over 37.5°C)
2. Confirmed presence of serious acute disease.
3. Previous episode of anaphylaxis to influenza vaccine.
4. Other conditions unsuitable for the vaccination in the opinion of the doctor.

### 4. You have to seek for doctor's opinion about appropriateness of the vaccination if you have any of the following conditions.

1. Presence of heart disease, renal disease, hepatic disease, or hematological disease.
2. Previous episode of physical abnormality, such as skin rash, in reaction to any drug or any food (chicken or egg, etc).
3. Previous episode of convulsion.
4. Previous episode of suspected allergic symptoms, such as fever, rash, and urticaria, occurring within 2 days following vaccination.
5. Previous episode of test-proven abnormality of immune function in you or your near relatives.
6. Presence of respiratory disease, such as interstitial pneumonia, and bronchial asthma
7. Suspected pregnancy.

### 5. Precautions in post-vaccination management

1. Side reactions may occur abruptly during 30 minutes after vaccination. You should be alert on occurrence of side reaction and make a contact with a doctor if you notice it. It is advised for you to stay in the medical institution for a while after vaccination to monitor occurrence of side reaction.
2. Please consult your doctor immediately in case that abnormal symptoms such as high fever and convulsions occur. It may occur within 24 hours after vaccination.
3. Side reaction such as redness, swelling, indurations and pain may occur at the injection site but will usually resolve in 4-5 days. Please consult your doctor immediately in case that you do not feel well.
4. You can take a bath on the day of vaccination but should not rub the injection spot.
5. You are recommended to do usual daily living on the day of vaccination. Please refrain from taking strenuous exercise and heavy drinking of alcoholic beverages.

Please fill in Questionnaire for Vaccination against Influenza HA and see a doctor. If you have any questions, please feel free to ask a doctor.

In case you have some problems because of the vaccine, you might be able to receive medical expenses. Please check Pharmaceuticals and Medical Devices Agency homepage for the details.



**2024****Faculty and Staff Medical Examination  
Influenza vaccine**Medical Service Center  
Division of Human Resources

Please come to the venue at the reception time. Reservations are not required.

**Suzaku**

Month	Date	Day	Reception Hours	venue
10	9	Wed	13:00~16:15	Multipurpose room
	10	Thu	13:00~16:15	

**Kinugasa**

Month	Date	Day	Reception Hours	venue
10	21	Mon	13:00~16:30	Shigakukan 1F
	22	Tue	13:00~16:30	
	23	Wed	9:15~11:00	Medical Service Center
			13:00~16:00	
	24	Thu	9:15~11:00	
			13:00~15:45	
25	Fri	13:00~16:30		

**BKC**

Vaccinations will not be administered during a medical examination.

Vaccination opportunities will be available at the BKC Medical Service Center on Friday, November 1, Tuesday, November 5, and Wednesday, November 6.

**OIC**

Month	Date	Day	Reception Hours	venue
10	28	Mon	9:30 ~ 12:00	BuildingH 1F
			13:30 ~ 16:00	
	29	Tue	9:30 ~ 12:00	Medical Service Center
			13:30 ~ 16:00	
	30	Wed	9:30 ~ 12:00	
			13:30 ~ 16:00	

The Reception hours are subject to change.