

## Information sheet for influenza vaccination

Name	
First name	
Date of birth	

### Information about risks and side effects

The flu shot is usually well tolerated. Every now and then, however, side effects can be observed.

Most frequently (< 1:10), redness, swelling, induration and pain at the injection site may occur. In addition, malaise, fatigue, chills, low-grade fever, sweating or headache, muscle and joint pain may occur. Normally, these symptoms resolve within 2-3 days. Further information on the rarer side effects of the flu shot can be found on the back of this sheet.

A flu shot can temporarily weaken the immune system. You should avoid excessive physical stress (for example marathon) in the next 2-3 days.

The vaccine itself can trigger neither influenza nor other diseases. Nevertheless, it will not protect you against colds, which are often also referred to as "the flu". But it is known that people that have been vaccinated against influenza, several times develop a particularly good immune response to the vaccine antigens. Experience of physicians and patients show that may be due to a certain immunomodulation the immune system appears to also experience an increase in immune defense against a minor infection through frequent flu shots.

#### Possible reasons that may militate against vaccination:

I have not well tolerated an earlier vaccination against influenza.  Yes  No

I have currently an acute high fever infection.  Yes  No

I am currently taking cortisone drugs.  Yes  No

I'm allergic to chicken proteins.  Yes  No

In women: I'm pregnant.  Yes  No

Yes, I would like to participate in the flu shot. I was informed about the possible risks and side effects of vaccination. I had the opportunity to clarify all remaining outstanding issues in the consultation with the doctor.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of person to be vaccinated

## More information about rarer risks and side effects

Occasionally (< 1 : 100): itching, rash, urticaria (hives).

Rare (< 1: 1.000): Neuralgia (nerve pain). If there is a sensitization to ingredients of the vaccination serum in a human, allergic reactions may occur.

Very rare (< 1: 10.000): Vasculitis (inflammation of blood vessels), neuritis (inflammation of nerves). In one of about a million cases a Guillain-Barré syndrome may occur, a nerve inflammation, which can lead to muscle weakness or paralysis. The cause of this disease is unknown, a relationship to the vaccine can only be suspected so far.

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To be completed by physician:

Used product:

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Signature of physician