

Influenza vaccination // consent of vaccination (tetraivalent)

Influsplit Tetra 2021/2022

personal details:

surname: _____ first name: _____ date of birth: _____

employer _____

private address

street _____ number _____ postcode _____ city _____

health insurance _____ private legal

insurance number _____

(Without the presentation of the insurance card we can't offer you the vaccination!)

questions:

yes no

Have you ever had health problems, especially allergic reactions (skin rashes, shortness of breath, swelling of face or tongue), after / at previous vaccinations (no matter which)?
If so, which ones? _____

Have you already been vaccinated against Corona or is a vaccination against Corona planned? If so, when? _____

Are allergies known to you, especially to vaccine components e.g. **chicken protein**,
antibiotics (neomycin), formaldehyde ...
(sodium chloride, Sodium monohydrogen phosphate, Sodium deoxycholate, Potassium chloride, Potassium dihydrogen phosphate, Magnesium chloride, Polysorbate, Octoxinol 10, Gentamicin sulfate)
If so, which ones? _____

Do you currently have any health problems or do you suffer from acute or chronic diseases?
If so, which ones? _____

Are you currently in a hyposensibilization treatment?
(between the vaccination and the last injection of the hyposensibilization should be 1 to 2 weeks)

Do you suffer from a blood clotting disorder? Do you take anticoagulant drugs?
If so, which ones? _____

Do you suffer from a disease of the immune system? Do you take or have taken Medication in the last 3 months that suppresses the immune defense e.g. cortisone?
If so, which ones? _____

Only for woman: Are you pregnant?

Declaration of consent:

I took note of the content of the information sheet (vaccination against influenza), was informed and clarified about the vaccination and was able to clarify further questions with the doctor.
I have no further questions and would like to be vaccinated against the flu.

date, signature (for minors signature of the legal guardian)

Due to the very rare allergic reactions, it is recommended to stay in the vaccination center or under medical supervision for 15-20 minutes after the vaccination.

Documentation of vaccination – filled out by the doctor **injection in upper arm**

Date	vaccine/ batch number	vaccinator + signature	ri le sc im
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Influsplit Tetra 2021/2022 - tetravalent vaccine

Flu infections with the influenza virus are spread worldwide. The disease may occur isolated, locally limited but also as an epidemic (cumulative occurrence of infectious diseases). During the wave of the flu epidemic 2018 more than 1600 patients evidently died because of these disease in Germany. Especially for older or immunocompromised people the disease can be fatal. The real flu (=influenza) is not a simple flu-like infection, even if it is often referred to „flu“. The swine flu, the avian flu and COVID-19 raised more awareness of the issue „pandemic“ (strong to worldwide extensive epidemic). The influenza vaccine “Influsplit Tetra” protects against the four most common virus strains of the season 2021/2022.

The influenza viruses are transmitted primarily through infection by droplets from person to person, e.g. by coughing or sneezing the opposite. However, it is also possible that the virus is transmitted by shaking hands. The disease typically begins 2 to 3 days after the infection, **suddenly** (within hours) with a **rapid deterioration of general condition and high fever, as well as a dry and painful cough and strong headache, limb pain and muscular pains**. In contrast to the common cold, it is **rare to get the sniffles**. The healing takes place within days to weeks. Pneumonia as a complication is responsible for most of the fatalities. Only in the early stage of the disease, an effective treatment is possible. Considering this background the preventive vaccination is the best way to avoid the disease including its complications. The influenza vaccine is an inactivated vaccine, which is compounded every year according to the recommendations of the World Health Organization. That is why every year a vaccination is necessary. The vaccination takes place once (for unvaccinated children twice) in the upper arm (either in the muscles or deep into the subcutaneous fat tissue), best from October to November. The protective effect starts 2 - 3 weeks after the vaccination and lasts for 6 – 12 months.

The STIKO (Standing Committee on Vaccination at the Robert-Koch-Institute) recommends the seasonal influenza vaccination for:

- Persons aged over 60 years,
- People of all ages with an increased risk caused by an underlying disease, among others chronic diseases of the respiratory system, cardiovascular diseases, liver or kidney disease, diabetes mellitus or other metabolic diseases, chronic neurological diseases, e.g. multiple sclerosis with infections triggered by phases, congenital or acquired immunodeficiency or HIV infection.
- residents of homes for the elderly and nursing homes
- all healthy pregnant women from the 2nd trimester and pregnant women with an increased health risk caused by an underlying disease from the 1st trimester
- Persons with an increased occupational risk, such as medical staff
- Persons who may be a potential source of infection for persons at risks which they look after
- Persons with direct contact to poultry and wild birds, to avoid a double infection with the avian influenza

Many federal states have vaccination recommendations beyond the STIKO and recommend the flu vaccination generally for all adults (and sometimes children). **An allergy to chicken protein is a contraindication, because the vaccine is produced in chicken embryos. This can lead to allergic reactions if people are allergic to chicken protein.** For acute illnesses in need of treatment of fever, the vaccination should be postponed. In the first 3 months of pregnancy or in case of allergies to additives of the vaccine the benefits and risks should be weighed. Unaccustomed physical activity should be avoided up to 3 days after the vaccination, sport is possible (maybe with reduced training of the affected shoulder muscles).

Possible side effects of a vaccination against influenza: local and general reactions

- Very often (>10%): muscle pain, pain at the injection site, fatigue
- Common (1-10%): headache, gastro-intestinal symptoms (nausea, vomiting, diarrhoea, abdominal pain), attack of sweating, joint pains, redness/ swelling/ hardening at the injection site, fever, shivering
- occasionally (0,1-0,1%): dizziness, haematoma/itching at the injection site
- rarely (0,01-0,1%): allergic reactions, allergic dermatitis, angioedema, Lymphadenopathy
- in individual cases: immediate allergic reactions (anaphylactic shock)