

Insist on the Mist

I Insist on the Mist!

As an actress, author, and mom, there are a million things to do each day, but "I insist" on taking time to focus on my family's health. This flu season, I'm committed to making influenza vaccination a priority and I've joined forces with MedImmune's FluMist Quadrivalent (Influenza Vaccine Live, Intranasal) to encourage other busy parents to do the same. To get you started, here are some helpful tips!



Tips from Tia Mowry...

Know Your Enemy: Learn About the Flu!

INFLUENZA, or the **FLU**, is a contagious disease that can lead to hospitalization.¹

Symptoms can include:

FEVER
COUGH
RUNNY NOSE
BODY ACHES
FATIGUE²



Flu season generally begins in October and **PEAKS IN JANUARY, FEBRUARY, or later.**³



The flu can live on surfaces for **UP TO 8 HOURS.**⁴

Get Vaccinated: Insist on the Mist

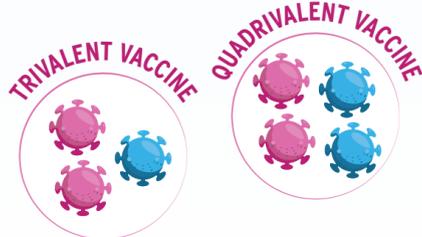
1ST STEP

GETTING VACCINATED is the first and most important step to help prevent the flu.¹

Your doctor may recommend **FLUMIST QUADRIVALENT**, a needle-free, nasal-spray flu vaccine for eligible children and adults ages 2 to 49 that is a gentle mist sprayed into the nose, where the flu typically starts.



FLUMIST QUADRIVALENT helps protect against an additional flu strain that may be in circulation.⁵



Pink: Strains of Influenza A
Blue: Strains of Influenza B

Please see below for Important Safety Information.

Take Additional Prevention Measures!

WASH YOUR HANDS often with soap and water and encourage your children to do the same.⁶



CLEAN AND DISINFECT surfaces that may be contaminated with germs.⁶



COVER YOUR NOSE AND MOUTH with a tissue when you cough or sneeze. **Throw it away.**⁶



Stay in Close Contact with Your Doctor



If you think you or another family member has the flu, **CALL YOUR HEALTHCARE PROVIDER** for guidance.

Speak to your provider to determine **WHICH VACCINE IS BEST** for you and your family.



To find locations that offer flu vaccines in your area, visit: **flushot.healthmap.org.**

To watch a short flu video featuring Tia, visit www.YouTube.com/InsistOnTheMist. Visit www.InsistOnTheMist.com for more information about FluMist Quadrivalent.

Important Safety and Eligibility Information

What is FluMist® Quadrivalent?

FluMist Quadrivalent is a vaccine that is sprayed into the nose to help protect against influenza. It can be used in eligible children, adolescents, and adults ages 2 through 49. FluMist Quadrivalent is similar to MedImmune's trivalent influenza vaccine FluMist, except FluMist Quadrivalent provides protection against an additional influenza strain. Like all influenza vaccines, FluMist Quadrivalent may not prevent influenza in everyone who gets vaccinated.

Who should not get FluMist Quadrivalent?

You should not get FluMist Quadrivalent if you have a severe allergy to eggs, gentamicin, gelatin, or arginine; have ever had a life-threatening reaction to influenza vaccinations; or are 2 through 17 years old and take aspirin or medicines containing aspirin – children or adolescents should not be given aspirin for 4 weeks after getting FluMist® (Influenza Vaccine Live, Intranasal) or FluMist Quadrivalent unless your healthcare provider tells you otherwise.

Children under 2 years old have an increased risk of wheezing (difficulty with breathing) after getting FluMist Quadrivalent.

Who may not be able to get FluMist Quadrivalent?

Tell your healthcare provider if you or your child are currently wheezing; have a history of wheezing if under 5 years old; have had Guillain-Barré syndrome; have a weakened immune system or live with someone who has a severely weakened immune system; have problems with your heart, kidneys, or lungs; have diabetes; are pregnant or nursing; or are taking Tamiflu®, Relenza®, amantadine, or rimantadine.

Your healthcare provider will decide if FluMist Quadrivalent is right for you or your child.

What are the most common side effects of FluMist Quadrivalent?

The most common side effects are runny or stuffy nose, sore throat, and fever over 100°F.

Please see complete [Product Information, including Patient Information](#).

References: 1. Centers for Disease Control and Prevention. CDC Says "Take 3" Actions To Fight The Flu. <http://www.cdc.gov/flu/protect/preventing.htm>. Accessed July 10, 2013. 2. Centers for Disease Control and Prevention. Flu Symptoms and Severity. <http://www.cdc.gov/flu/about/disease/symptoms.htm>. Accessed July 10, 2013. 3. Centers for Disease Control and Prevention. Key Facts about Influenza (Flu) & Flu Vaccine. <http://www.cdc.gov/flu/keyfacts.htm>. Accessed July 10, 2013. 4. Centers for Disease Control and Prevention. Preventing Seasonal Flu Illness. <http://www.cdc.gov/flu/about/qa/preventing.htm>. Accessed July 10, 2013. 5. U.S. Food and Drug Administration. Vaccines, Blood & Biologics. <http://www.fda.gov/BiologicsBloodVaccines/GuidanceComplianceRegulatoryInformation/Post-MarketActivities/LotReleases/ucm343828.htm>. Accessed July 13, 2013. 6. Centers for Disease Control and Prevention. Preventing the Flu: Good Health Habits Can Help Stop Germs. <http://www.cdc.gov/flu/protect/habits.htm>. Accessed July 10, 2013.