

# JAMES VAN DER BEEK Insists on the Facts About Flu Vaccination

This flu season, James joined forces with **FluMist® Quadrivalent** (Influenza Vaccine Live, Intranasal) to debunk common flu myths and encourage families to learn about the importance of annual flu vaccination. Check out the below tips to help keep your family and community flu-free!



## Top 5 Flu Myths and Facts

### MYTH #1

The flu is basically the same as the common cold.

#### ✓ FACT

The flu is not just a bad cold! In some cases, it can lead to significant complications and even death.<sup>1</sup>

In the U.S., each year about **5-20%** of the population gets the flu,<sup>1</sup> which results in:



**200,000**  
patient hospitalizations<sup>2</sup>



**44 million**  
days of lost productivity<sup>3</sup>



**\$10.4 billion**  
in direct medical costs<sup>3</sup>

### MYTH #2

Only the elderly population needs to get a flu vaccine.

#### ✓ FACT

Vaccination is the most important step to help protect all eligible individuals from the flu.<sup>4</sup>

Even healthy adults and kids can get sick from the flu and **SPREAD IT TO OTHERS.**<sup>5</sup>



Data show that children **2 TO 5 YEARS OLD** who received Live Attenuated Influenza Vaccine (LAIV) were two times less likely to get the flu versus those who received the flu shot.<sup>6,7,8</sup> In this population, the CDC's Advisory Committee on Immunization Practices recommends that LAIV should be used when immediately available to help protect against the flu.<sup>6,7,9</sup>



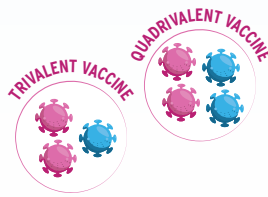
### MYTH #3

There is only one form of the flu vaccine.

#### ✓ FACT

There are **TWO TYPES** of flu vaccines: the flu shot and the nasal spray called **FluMist Quadrivalent.**<sup>4</sup>

The 2014-2015 flu season will be the second year that quadrivalent flu vaccines will be available in the U.S. to help protect against two subtypes of influenza A and two lineages of influenza B.<sup>10</sup>



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

Your doctor may recommend **FluMist Quadrivalent**, a needle-free, nasal-spray flu vaccine for eligible children and adults **AGES 2-49** that is a gentle mist sprayed into the nose.<sup>11</sup>

### MYTH #4

The flu vaccine can make you sick or give you the flu.

#### ✓ FACT

Neither **FluMist Quadrivalent** nor the flu shot can give you the flu or make you sick.<sup>12</sup>

Influenza vaccines are comprised of either live, weakened viruses (**FluMist Quadrivalent**) or killed viruses (the traditional shot) - **NEITHER OF THESE OPTIONS CAN CAUSE THE FLU.**<sup>12</sup>



**FluMist Quadrivalent** is a live attenuated vaccine, like the vaccines for measles, mumps, rubella, rotavirus, and varicella (chickenpox).<sup>9</sup>

### MYTH #5

You don't need to get a flu vaccine every year.

#### ✓ FACT

The Centers for Disease Control and Prevention recommend a flu vaccine each and every year.<sup>5</sup>

Flu viruses are **CONSTANTLY EVOLVING**, so the flu vaccine formulation is updated to keep up with changing flu viruses.<sup>5</sup>



A person's immune protection from vaccination declines over time, so an **ANNUAL VACCINATION** is needed for optimal protection against the flu.<sup>12</sup>



To watch a short, comedic video starring James, visit [www.YouTube.com/InsistontheMist](http://www.YouTube.com/InsistontheMist) and share the facts, not the flu, with your friends and family! Check out [www.InsistOnTheMist.com](http://www.InsistOnTheMist.com) for more information about **FluMist Quadrivalent**.

Talk to your healthcare provider about which flu vaccine may be best for you and your family, and encourage other members of your community to do the same.

### IMPORTANT SAFETY AND ELIGIBILITY INFORMATION

#### What is FluMist® Quadrivalent (Influenza Vaccine Live, Intranasal)?

FluMist Quadrivalent is a vaccine that is sprayed into the nose to help protect against influenza. It can be used in children, adolescents, and adults ages 2 through 49. FluMist Quadrivalent is similar to MedImmune's trivalent Influenza Vaccine Live, Intranasal (FluMist), except FluMist Quadrivalent provides protection against an additional influenza strain. 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; 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 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 accompanying complete [Product Information, including Patient Information](#).



**FluMist Quadrivalent**  
Influenza Vaccine Live, Intranasal

1. Centers for Disease Control and Prevention. Seasonal Influenza: Questions & Answers. <http://www.cdc.gov/flu/about/qa/disease.htm>. Accessed May 30, 2014. 2. Thompson WW, Shay DK, Weintraub E, et al. Influenza-associated hospitalizations in the United States. *JAMA*. 2004; 292(11):1333-1340. 3. Molinari NA, Ortega-Sanchez IR, Messonnier ML, et al. The annual impact of seasonal influenza in the US: measuring disease burden and costs. *Vaccine*. 2007;25(27):5086-5096. 4. Centers for Disease Control and Prevention. Key Facts About Influenza (Flu) & Flu Vaccine. <http://www.cdc.gov/flu/keyfacts.htm>. Accessed May 30, 2014. 5. Centers for Disease Control and Prevention. Key Facts About Seasonal Flu Vaccine. <http://www.cdc.gov/flu/protect/keyfacts.htm>. Accessed May 30, 2014. 6. Belshe RB, Edwards KM, Vesikari T, et al. Live Attenuated versus Inactivated Influenza Vaccine in Infants and Young Children. *N Engl J Med*. 2007;356(7):685-696. 7. Belshe RB, Ambrose CS, Yi T. Safety and efficacy of live attenuated influenza vaccine in children 2-7 years of age. *Vaccine*. 2008;26S:D10-D16. 8. FluMist Quadrivalent [package insert]. Gaithersburg, MD: MedImmune. 9. Centers for Disease Control and Prevention. Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices (ACIP) - United States, 2014-15 Influenza Season. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6332a3.htm>. Accessed August 27, 2014. 10. Centers for Disease Control and Prevention. Quadrivalent Influenza Vaccine: Questions & Answers. <http://www.cdc.gov/flu/protect/vaccine/quadrivalent.htm#available>. Accessed June 27, 2014. 11. U.S. Food and Drug Administration. Vaccines, Blood & Biologics. <http://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm29952.htm>. Accessed May 30, 2014. 12. Centers for Disease Control and Prevention. Misconceptions about Seasonal Flu and Flu Vaccines: Questions & Answers. <http://www.cdc.gov/flu/about/qa/misconceptions.htm>. Accessed May 30, 2014.