

Guide to Influenza Vaccination for the Elderly (Instructions)

1 Influenza Vaccinations

The Influenza vaccination use a multivalent vaccine composed of 2 categories of type A and 2 categories of type B strains, a total of 4 different strains of the virus.

(1) Target groups

- a) Person/s over the age of 65 on the day of the vaccination who is a registered citizen of **Hamamatsu city**.
- b) Person/s over the age of 60 and less than 65 **in Hamamatsu city** with a handicap which extremely limits the activities of daily life around said person such as a decline in heart, kidney or respiratory functions as well as those with Human Immunodeficiency Virus (HIV) where the decline in immunity makes activities in daily life nearly impossible. (Physical disability certificate grade 1)

(2) Times

October 1st ~ January 31st of the following year

※The effects of this vaccine is thought to last 2 weeks to 5 months after the vaccination. We recommend receiving vaccinations by mid-December to maintain the effects as influenza is prevalent in the January and February months in an ordinary year.

(3) Charge

1600 Yen

- a) People in households who receive public welfare and Japanese nationals living abroad in China will be sent free vaccination tickets.
- b) People in tax exempted households (i.e. all members of the household are exempted from tax) who wish to apply for exemption of personal expenses, we will send a free vaccination ticket if you apply before the vaccination.)

(4) Amount of Vaccinations

Vaccinations through public expense are only allowed **once** in the above mentioned timeframe. (If you want to receive a second vaccination, it will be on your own expenses)

2 Influenza Prevention

This vaccination is to prevent the influenza from becoming severe after contracting it. It does not prevent infection.

In addition, to prevent infections, it is important to avoid big crowd and take enough rest and nutrients on a usual basis. Wearing masks when going out and washing hands/ rinsing your mouth when you return is the basics of preventing infection.

3 Side effect of Influenza Vaccination

The area where you received the injection will be red, swollen and hurt a little but usually recovers in 2-3 days. Also, while it's only slightly, you will exhibit a fever, shivers and feel that your whole body is sluggish but it usually recovers in 2-3 days. It is extremely rare, but you may get shock, rash, or difficulty in breathing as well.

4 Before your Vaccination

Read the explanations and understanding the side effect of the vaccination. If you have something you don't understand or are curious about, please ask the doctor in charge of the vaccination, the nurses or the related municipal division. If you can't fully consent to the vaccination, please don't receive it. Your medical examination history is very important to the doctor in charge of your vaccination as it lets them know which vaccinations are

possible or not. It is fundamentally the patient's responsibility to provide such information to the doctor.

(1) Person/s who cannot receive Vaccinations

- a) Person/s who have a fever above 37.5 degrees.
- b) Person/s who have a serious acute condition.
- c) Person/s who clearly has had an anaphylactic shock (allergic reaction) to the components (Influenza vaccine, Eggs etc) of the Vaccination before.
- d) Person/s who in the past have exhibited an outbreak of a fever or rash on their body within two days of receiving the Influenza vaccination.
- e) In addition, person/s who the doctor had decided to be in a condition unfit to receive vaccination.

(2) Person/s requiring special attention when receiving Vaccinations

- a) Person/s with underlying conditions such as heart or blood vessel related ailments, kidney ailments, liver ailments, blood ailments as well as growth impediments etc.
- b) Person/s who have a history of fits, cramps, spasms or convulsions.
- c) Person/s who have been diagnosed with Immunodeficiency in the past as well as those who have close relatives with inherent immunodeficiency.
- d) Person/s with respiratory conditions such as interstitial pneumonia, bronchial asthma etc.
- e) Person/s who seem to have allergic reactions to the components of vaccines.

(3) General Information after the Vaccination

- a) Within 24 hours after the vaccination, the side effect will begin to show, so please pay attention. Especially, 30 minutes right after the vaccination, please pay attention to the changes in the condition of your health.
- b) Bathing is allowed but please refrain from rubbing the injected area.
- c) Please refrain from extreme exercises and heavy drinking.

5 Others

(1) In the Situation where you can't receive Vaccinations

Upon listening to everything doctor has explained, if the person in question doesn't want to receive the vaccination, if the person's consent cannot be confirmed even with the cooperation of their family and doctor, or if they don't take the vaccination due to their condition on the day of the vaccination etc. Afterward, even if they become seriously ill and pass away by influenza, the doctor in charge cannot take responsibility.

(2) In the case of Side effects

After receiving vaccinations, there are the rare cases where side effects occur. Also, there have been cases of contracting other illnesses while vaccinated.

When you exhibited symptoms such as a high fever, and the injected area hurt and is badly swollen, breaking out in rashes, vomiting repeatedly, worsening complexion, and low blood pressure, please contact the doctor in charge of the vaccination (medical institution) for an examination.

(3) Compensation for Damages to Health caused by Vaccinations

If the Ministry of Health, Labour and Welfare recognise the damages were caused by vaccination, then according to the laws on vaccination you are applicable for the compensation, and will receive payment for the damages to your health.

(Contact Information)

【Chuo Health Promotion Center -Chuo Ward Office】	Tel. 457-2891
【Chūō Health Promotion Center -Higashi Administrative Center】	Tel. 424-0125
【Chūō Health Promotion Center -Nishi Administrative Center】	Tel. 597-1120
【Chūō Health Promotion Center -Minami Administrative Center】	Tel. 425-1590
【Hamana Health Promotion Center -Hamana Ward Office】	Tel. 585-1171
【Hamana Health Promotion Center -Hosoe Health Center】	Tel. 523-3121
【Tenryū Health Promotion Center -Tenryū Health & Welfare Center】	Tel. 925-3142
【Public Health Promotion Division】	Tel. 453-6119