



Declination Form for Influenza Vaccination

Please read the attached Vaccine Information Sheet from the Centers for Disease Control and Prevention. If you have any questions regarding the declination process or policy, please contact the Biosafety and Occupational Health Department (BOHD) at (612) 626-5008 or uohs@umn.edu. If you have a health concern, please contact your primary care provider or BOHD for a referral. Please return the signed form to BOHD by email, mail, or fax (information below).

Full Name (please print): _____

Date of Birth: _____ Employee ID: _____

I understand that the vaccine indicated above is being offered by my employer due to my risk of occupational exposure and not for the purpose of providing general health care, and to protect research animals from possible infection by humans working with or in close contact with these animals. I have had a chance to ask questions which were answered to my satisfaction. I know that the BOHD can provide me with a physician to consult or I can consult my private physician before declining this vaccination.

I believe that I understand the benefits and risks of the vaccine indicated above. I understand I may be at risk of acquiring an infection through occupational exposure, and that my access to animal facilities and/or approval on Institutional Animal Care and Use Committee (IACUC) protocols may be affected by declining the vaccine indicated above. I have been given the opportunity to be vaccinated with the above indicated vaccine at no charge to me.

I have been given and read the applicable Vaccine Information Statement. I understand that by declining this vaccine, I continue to be at risk of acquiring infections and/or a serious disease that may have been prevented or made less severe by this vaccine. If, in the future, I continue to have occupational exposure, and I want to be vaccinated with the above indicated vaccine, I can receive the vaccine at no charge to me.

I decline the vaccine test at this time, and voluntarily assume the risks and costs associated with my decision not to receive the above indicated vaccine/screening test.

Because I am declining the above indicated vaccine/screening test, there may be additional preventative measures that the BOHD may require to protect the safety and welfare of the animals. I agree to be subject to such additional requirements, including restrictions from accessing certain species as determined necessary by IACUC.

Employee Signature: _____ Date: _____

Employee Printed Name: _____

Send as a PDF to uohs@umn.edu or mail to one of the addresses listed below:

U.S. Mail:
BOHD
Thompson Center for Environmental Management
501 23rd Ave. SE
Minneapolis, MN 55455

Campus Mail:
Environmental Health/Safety
ThompCtr
2681A
Confidential Fax: (612) 626-9643

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

In an average year, **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2. Influenza vaccines

CDC recommends everyone 6 months and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")

In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.

Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

4. Risks of a vaccine reaction

- Soreness, redness, and swelling where the shot is given, fever, muscle aches, and headache can happen after influenza vaccination.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636** (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/flu.

