Influenza Disease

What is influenza disease?
- Influenza (flu) is a contagious respiratory illness caused by a virus.
- The virus infects the nose, throat, and lungs.
- It can cause mild to severe illness, hospitalization, and even death.

What are the symptoms?
- Anyone can get flu and it strikes suddenly and can last several days.
- Symptoms of flu disease may include:
  - Fever or feeling feverish/chills
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Muscle or body aches
  - Headaches
  - Fatigue (very tired)
  - Vomiting and diarrhea

How does influenza disease spread?
- Flu is spread by:
  - An infected person’s droplets from cough, sneeze or talk enter the mouth, eye or nose.
  - Touching a surface or object with flu virus on it and then touching mouth, eyes or nose.
- An infected person can infect others 1 day before symptoms start and up to 5 to 7 days after symptoms start.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How do I prevent the flu?
- Get a yearly flu vaccine.
- Wash your hands properly and often.
- Cover your cough and sneeze with arm.
- Clean and sterilize surfaces.
- Stay home if you are sick.

Where can I find more information?
- Ask your doctor.
- Call the Alabama Department of Public Health, Immunization Division, at 1-800-469-4599.
- Go to cdc.gov and type influenza in the SEARCH box.
Influenza Vaccine

Who should get the influenza (flu) vaccine?
- The flu vaccine is recommended every year for everyone age 6 months or older.

Who should be vaccinated against influenza because they are at increased risk?
- Children 6 months of age through 5 years
- Adults 65 years of age or older
- Pregnant women
- Residents of nursing homes and other long-term care facilities
- People who have medical conditions including the following:
  - Asthma
  - Chronic lung disease
  - Heart disease
  - Blood disorders (such as sickle cell disease)
  - Kidney disorders
  - Liver disorders
  - Weakened immune systems due to disease or medication (such as HIV/AIDS or cancer)
  - People younger than 19 years of age who are receiving long-term aspirin therapy
  - People with extreme obesity

What are the common vaccine side effects and risks?
- Flu vaccines are safe, but some side effects can occur.
- Minor problems following the flu vaccine include soreness, redness, and/or swelling from the shot, hoarseness, sore, red or itchy eyes, cough, fever, aches, headache, itching, and fatigue.
- More serious problems may include Guillain-Barré syndrome (GBS) in fewer than 1 or 2 cases per one million people vaccinated, children receiving multiple vaccines slightly increase in fever with seizure.
- People who should not get the flu vaccine include anyone with severe, life-threatening allergies, had GBS before, or not feeling well the day of vaccination.

Where can I find more information?
- Ask your doctor.
- Ask your school nurse.
- Call the Alabama Department of Public Health, Immunization Division, at 1-800-469-4599.
- Go to cdc.gov and type influenza in the SEARCH box.
HB381
182321-6
By Representative Daniels
RFD: Education Policy
First Read: 09-MAR-17
ENROLLED, An Act,

Relating to influenza vaccines; to add Section 16-1-49 to the Code of Alabama 1975, to require local school systems to provide information on influenza disease and its vaccine to parents and guardians of students whenever other health information is provided.

BE IT ENACTED BY THE LEGISLATURE OF ALABAMA:

Section 1. Section 16-1-49 is added to the Code of Alabama 1975, to read as follows:

§16-1-49.

(a) If a local board of education provides information on immunizations, infectious diseases, medications, or other school health issues to parents and guardians of students in grades K through 12, then all of the following information about influenza disease and its vaccine shall be included:

(1) A description of causes, symptoms, and means of transmission.

(2) A list of sources for additional information.

(3) Related recommendations issued by the Advisory Committee on Immunization Practices of the federal Centers for Disease Control and Prevention.

(b) The Department of Education, in cooperation with the Department of Public Health, shall develop and make
available the information about influenza disease and its
vaccine to local school systems as required under subsection
(a) in an efficient manner that may include posting the
information on its website.

(c) A board, board member, or an employee of a local
board of education shall be immune from civil liability for
acts or omissions in the implementation of this section in
accordance with Section 36-1-12.

(d) Nothing in this section shall be construed to
establish a standard of care for hospitals or physicians or
otherwise modify, amend, or supersede any provision of the
Alabama Medical Liability Act of 1987 or the Alabama Medical
Liability Act of 1996, or any amendment thereto, or any
judicial interpretation thereof. The information developed, or
made available, under this section shall not constitute a
standard for the practice of medicine.

Section 2. This act shall become effective on the
first day of the third month following its passage and
approval by the Governor, or its otherwise becoming law.
HB381

Speaker of the House of Representatives

President and Presiding Officer of the Senate

House of Representatives
I hereby certify that the within Act originated in and was passed by the House 18-APR-17, as amended.

Jeff Woodard
Clerk

Senate 17-MAY-17 Passed

APPROVED 5-24-2017
TIME 3:15 PM

Kay Ivey
GOVERNOR

Alabama Secretary Of State
Act Num....: 2017-388
Bill Num....: H-381
Rec'd 05/25/17 09:28amSLF

Page 3
I hereby certify that the Resolution as required in Section C of Act No. 81-889 was adopted and is attached to the Bill.

JEFF WOODARD, Clerk

DATE: 4-20-2011

This Bill was referred to the Standing Committee of the Senate on 4-20-2011.

Committee

RE-REFERRED RE-REFERRED

This Bill was referred to the House Committee on 4-20-2011.

Committee

H.B. 381

YEAS CI I NAYS 4

CONFERENCE COMMITTEE

House Conference

Secretary

PATRICK HARRIS

YEARS 0 NAYS 0

HB

convention

Approval

this day of April 2011

YEARS 7 NAYS 0

YEARS 0 NAYS 0

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