

INFORMATION ON VACCINE AGAINST SEASONAL INFLUENZA

There is a vaccine available each year to protect against **seasonal human influenza** and all UN personal and their dependants, and particularly those at high risks for developing serious medical complications from influenza, are encouraged to take advantage of this protective measure.

Although this vaccine would not protect against the currently epidemic strain of influenza H1/N1 and does not protect against the many other viruses that can cause respiratory illnesses, widespread use of seasonal influenza vaccines may be very helpful for a pandemic situation. Because any reduction in seasonal influenza cases due to use of vaccine will reduce the possibility that a case of seasonal influenza might be mistaken for a case of pandemic influenza, thereby reducing unnecessary worry and actions.

Available vaccines contained three inactivated viral strains.

If the viruses in the vaccine and the influenza viruses circulating in the community are closely matched, vaccine effectiveness is higher.

Even when the viruses are not closely matched; the vaccine can still protect many people, because “antibodies” made in response to the vaccine, can provide some protection against different, but related strains of influenza viruses.

Such high risk groups include:

- (1) All individuals older than 6 months of age with chronic heart or lung diseases, metabolic or renal disease, or immunodeficiency,
- (2) Elderly individuals above a nationally defined age group (suggest 60-65 years)
- (3) Pregnant women, health-care workers, people who live in nursing homes and other long-term care facilities
- (4) Children between 6 to 23 months of age.

People who should not be vaccinated:

- Those who are allergic to the active substances, to any of the excipients to eggs, to chicken proteins.
- Those who have shown any abnormal reaction following a previous vaccination.
- People who developed Guillian- Barre Syndrome within (6) weeks.
- People who have a moderate to severe illness with a fever.
- Children less than (6) months of age.(Not approve for this age group.)
- .Women in early pregnancy.

Advice after Vaccination.

One or two days after the vaccination, you may get the following symptoms:

Redness, pain and swelling at the injection site.

Fever, headache, mild muscle and joint pains (can take paracetamol)

If these symptoms are mild, no specific treatment requires.

If other problems occur, please contact your doctor.

Preventive Measures against influenza

Practice of good personal hygiene is one of the most effective strategies any individual can implement to reduce the risk of being infected by the influenza virus, even for the currently epidemic in the world. Important points are:

- Cover your mouth and nose with a tissue when you cough or sneeze;
- If you don't have a tissue, cough or sneeze into your upper sleeve (not with the hand, as that contaminates the hand and can spread organisms further by touching any surface);
- Use a tissue for cleaning/blowing the nose, and dispose of it after use in the waste;
- Wash your hands after coughing or sneezing, using a tissue, or touching any surface that may have become contaminated by a prior user. If using a surgical mask, dispose of it carefully after use and wash hands;
 - Wash hands with soap and water or clean with alcohol-based hand cleaner;
 - When you wash your hands, wash for at least 20 seconds, making sure that all surfaces of hands and fingers are cleaned;
- Become "touch aware", and avoid touching surfaces that are likely to have been touched by others (door handles, stair railings, etc);
- Avoid hand shaking, social kissing, and other social rituals that involve touching others;
- Avoid respiratory secretions when around other people (e.g. coughing and sneezing). If possible, avoid contact with individuals at risk (small children or those with underlying or chronic illnesses such as immune-suppression or lung disease) until respiratory symptoms have resolved.

The UN system Myanmar has decided to organize a special vaccination campaign for staff and dependants with a SINGLE DOSE of the SEASONAL FLU Vaccine in 1st week/2nd week of May 2009.

While this is a personal choice and the vaccination is not mandatory, **ALL STAFF AND DEPENDENTS ARE STRONGLY ENCOURAGED TO GET VACCINATED.**

Vaccination times have been organized as per the below schedule and the vaccinations will be administered by a team of medical staffs..

Dates 6 May to 15 May 2009

Time: 9:00 -17:00 (lunch break 12:00-12:30)

Location: UNICEF (10th floor JPG Hall, Traders Hotel)

UNAIDS (12th Floor, Conference Room, Traders Hotel),

UN Dispensary, UNDP Office

Date	Agency	Time	Location
6-May-09 (Wednesday)	UNICEF	9:00 - 12:00 12:30 - 17:00	UNICEF
7-May-09 (Thursday)	UNICEF	9:00 - 12:00 12:30 - 17:00	UNICEF
8- May -09 (Friday)	ILO/IOM/UNIAP/HABITAT UNODC/UNAIDS	9:00 - 12:00 12:30 - 17:00	UNICEF
11- May -09 (Monday)	WHO, UNHCR	9:00 - 12:00 12:30 - 17:00	UNICEF
12- May -09 (Tuesday)	UNDP	9:00 - 12:00 12:30 - 17:00	UN Dispensary
13- May -09 (Wednesday)	UNDP	9:00 - 12:00 12:30 - 17:00	UN Dispensary
14- May -09 (Thursday)	WFP, UNFPA	9:00 - 12:00 12:30 - 17:00	UN Dispensary
15- May -09 (Friday)	UNRC/UNIC/UNDSS UNOPS(3DF)/ FAO/OCHA.	9:00 - 12:00 12:30 - 17:00	UN Dispensary
Any Date	Those who failed to come at their appointed dates.	9:00 - 12:00 12:30 - 17:00	UN Dispensary