

## Flu Facts for People who Have OI

### What is the flu?

Flu (influenza) is a serious illness. It's caused by a virus that infects the nose, throat and lungs. It can lead to pneumonia and other medical problems that require hospitalization.

### Who should get the seasonal vaccine?

Everyone who has OI including children older than 6 months and adults who have OI and the people they live with should get a flu shot. Since the exact types of flu vary from year to year, it is necessary to be vaccinated at the beginning of the flu season every year.

### Can people with OI use the nose spray form of the vaccine instead of an injection?

No, this type of vaccine is no longer recommended. It was found to be less effective than the injection.

### When should people who have OI get vaccinated?

A flu shot is needed every year at the beginning of each flu season.

### Should people who are allergic to eggs or latex get the flu shot?

We have been told that people who have severe egg and/or latex allergies should not get the vaccine. Talk to your doctor if you have either allergy.

### Important Reminders

- Talk to your doctor about flu vaccines.
- Protect yourself by using good hand washing techniques and covering your mouth and nose with a tissue (not your hands) when you sneeze or cough.
- Regularly check the Federal Government's flu information website [www.flu.gov](http://www.flu.gov).

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*This fact sheet was prepared with assistance from Dr. Hollis Chaney and Dr. Robert Sandhaus. Revised 2010 and 2016.*