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

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

1. **Influenza (Live) Vaccine**: Recommendations for Use

Influenza (live) vaccine contains weakened (live) viruses that are inserted into the body to stimulate the immune system to fight off actual influenza viruses.

**Benefits and Risks:**
- Benefits include protection against influenza when administered according to the schedule.
- Risks may include local reactions (eg, pain, redness, swelling) and systemic reactions (eg, fever, muscle pain, headache).

**Who Should Get the Influenza Vaccine:**
- All people 6 months of age and older are recommended to get the vaccine annually.
- People 6 months to 8 years of age with a history of egg allergy should get an inactivated influenza vaccine.
- People with severe egg allergy can get a reduced dose of live influenza vaccine.

**When to Get the Vaccine:**
- The vaccine is recommended to be given as early as possible in the flu season, ideally by the end of October.

**Precautions:**
- People with certain medical conditions or taking medications should consult with their healthcare provider before getting the vaccine.

2. **Live Attenuated-Virus Influenza Vaccine ("LAIV"): What to Expect

Live attenuated-virus influenza vaccine (LAIV) is a vaccine that contains weakened (live) influenza viruses that are inserted into the body to stimulate the immune system.

**What to Expect:**
- The vaccine is administered through a nasal spray and includes three components: B (Victoria, Australia), B (Yamagata, Japan), and two types of A (H1N1, H3N2).
- The vaccine is recommended for people 2 years to 49 years of age who are healthy.
- The vaccine is not recommended for people with certain medical conditions or taking medications.

**How Effective is the Vaccine:**
- The vaccine is highly effective in preventing influenza in healthy people.
- The vaccine is less effective in people with certain medical conditions or taking medication.

3. **Common Questions and Answers for Live Attenuated-Virus Influenza Vaccine

**What are the potential side effects of LAIV:**
- The most common side effects include local reactions (eg, pain, redness, swelling) and systemic reactions (eg, fever, muscle pain, headache).
- Serious side effects are rare.

**Is LAIV safe for pregnant women:**
- Live influenza vaccines are not recommended for pregnant women.

**Can I get a live influenza vaccine if I have had an egg allergy:**
- People with a history of egg allergy should consult with their healthcare provider before getting a live influenza vaccine.

**Can I get other vaccines at the same time as LAIV:**
- People can receive other vaccines at the same time as LAIV, including vaccines for other diseases.

**Where can I get the LAIV vaccine:**
- The vaccine is available at healthcare providers, pharmacies, and clinics.

Influenza (live, intranasal) VIS – Burmese (8/6/21)
အကယ္၍ ယခင္က ကာကြယ္ေဆး ေအာ့အန္ျခင္း၊ သက္တမ္းတိုေတာင္းေပသည္။

4. ကာကြယ္ေဆးတစ္ၾကိမ္ေရာဂါအေျခအေနမ်ား

- LAIV ကာကြယ္ေဆးတစ္ၾကိမ္ေရာဂါအေျခအေနမ်ားကို အလွန္ပြောင်းလာပါတယ္။
- သို႔မဟုတ္ပါက ဝက္ဘ္ဆိုဒ္ျဖစ္သည့္ (inactivated အမ်ိးသားအမ်ိးသား)
 အရွိသည့္ကာကြယ္ေဆး၏ အစီရင္ခံစာကိုုးက်ိဳး အျဖစ္အပ်က္လ်ာ္ေၾကာ

5. ျပႆနာမ်ား အေျခအေနမ်ား တစ္ေရာဂါအေျခအေနမ်ား

6. ျပင္းထန္ေသာ အကြိရာအောက် အေျခအေနမ်ား

7. ဗားေရာဂါးလုပ္ကိုးက်ားခံရန္အတြက္သာ

Burmese translation provided by the Immunization Action Coalition

Vaccine Information Statement
Live, Attenuated Influenza Vaccine

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