

## **Flu Vaccination Instructions**

In order to expedite your seasonal flu vaccination process, we ask that you:

### **Before:**

- Review the appropriate Vaccine Information Statements (VIS)
- Print and legibly complete the screening worksheet:
  - Adult screening form
  - Pediatric screening form

### **That day:**

- Come dressed for success! We'll need to be able to reach your shoulder/deltoid muscle if you will be getting the injection, or your child's thigh, if under 3 years old and if getting the injection.
- Bring your completed form.
- Bring your Military ID/CAC card for scanning. If MEDPROS entry is to be done; this will expedite the data entry process.
- Plan to be monitored for adverse effects for 15 minutes.
- Please refrain from blowing your nose for 30 minutes after receiving FluMist.
- Ask any questions you have before you receive your vaccination.

### **Afterwards:**

- If you are a Soldier, you will want to verify your vaccination is entered into your AKO account, 48-72 hours later.

We hope that this season is a healthy one for your unit, your family, and you!