

Step 3: What else do you need to make your decision?

Find out how well this decision aid helped you learn the key facts.

Check the best answer.

1. Which option has the highest chance of **you getting the flu**?
2. Which option has the lowest chance of **patients dying from flu** that was spread by their care providers?
3. Which option has the highest chance of **a sore arm** as a side effect?
4. Which option has the highest chance of **nausea and vomiting** as side effects?

	Flu shot	Antiviral pills	Decline flu shot & pills	Don't know
1. Which option has the <u>highest</u> chance of you getting the flu ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Which option has the <u>lowest</u> chance of patients dying from flu that was spread by their care providers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Which option has the <u>highest</u> chance of a sore arm as a side effect?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Which option has the <u>highest</u> chance of nausea and vomiting as side effects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Correct answers at the bottom of the page.

1. **Knowledge:** Do you know enough about the benefits and side effects of each option?
2. **Values:** Are you clear about which benefits and side effects **matter most** to you?
3. **Support:** Do you have enough support and advice from others to make a choice?
4. **Uncertainty:** Do you feel sure about the best choice for you?

	Yes	No
1. Knowledge: Do you know enough about the benefits and side effects of each option?	<input type="checkbox"/>	<input type="checkbox"/>
2. Values: Are you clear about which benefits and side effects matter most to you?	<input type="checkbox"/>	<input type="checkbox"/>
3. Support: Do you have enough support and advice from others to make a choice?	<input type="checkbox"/>	<input type="checkbox"/>
4. Uncertainty: Do you feel sure about the best choice for you?	<input type="checkbox"/>	<input type="checkbox"/>

Step 4: What are the next steps?

Check your next steps:

- I have decided to take the flu shot before the flu season.
- I have decided to wait for an outbreak and take the flu shot and antiviral pills.
- I have decided to decline both the flu shot and antiviral pills.
- I need to discuss the options with my doctor and family.
- I need to read more about my options.
- Other, please specify: _____

Answers for the key facts: 1. Decline flu shot & pills 2. Flu shot 3. Flu shot 4. Antiviral pills

This information is not intended to replace the advice of a health care provider.

This decision aid was developed by Canadian researchers who conducted an extensive review of the available scientific literature. Content Editors: A McCarthy MD, S Sullivan MSc, J Sutherland MEd and the Ottawa Influenza Decision Aid Planning Group Funded in part by: CIHR, MOHLTC via SHRTN. All Authors have declared no conflict of interest. Format is based on the Ottawa Decision Guide © 2000, A O'Connor, D Stacey, University of Ottawa, Canada August 2008

4 For additional information please contact the Occupational Health and Safety Department for the "Facts and Numbers Behind the Ottawa Influenza Decision Aid".

What can you do to prevent influenza?



A decision aid for those working in a healthcare setting

What is influenza?

- Influenza (the flu) is a common respiratory illness caused by a virus.
- The flu is spread easily from person to person.
- It starts rapidly. People don't feel well and get a fever and cough. They may also have a headache, runny nose, muscle aches and fatigue.
- Most people recover in 7 to 10 days, but some have complications such as pneumonia and death.
- If the elderly are in contact with people who have not had the flu shot, they are more likely to get the flu and die from complications.

What are your options to decrease your risk of getting or spreading the flu?

-  **Take the influenza vaccine (flu shot) before flu season.** Your employer arranges for you to have a flu shot in your arm in the fall. The government pays for the flu shot.
-  **Wait until there is an outbreak of the flu.** You wait to see if your employer declares a flu outbreak. Then you have a flu shot. It takes 14 days to protect you from the flu. During those 14 days, you need to take antiviral pills (Tamiflu) everyday.
-  **Decline both the flu shot and antiviral pills.** In a flu outbreak, workers declining the flu shot and antiviral pills because of medical reasons would be reassigned if possible. Workers who decline without a valid medical reason will be placed on unpaid leave of absence until the flu outbreak is over.

What other health factors may affect your choice?

You should **take** a flu shot if **you OR someone you live with** has a chronic condition that needs regular visits to a doctor. Check any that apply:

- Chronic heart or respiratory disease
- Diabetes
- Kidney disease
- Anemia
- Cancer
- Other _____
- None of these apply to me

You should talk to your doctor **BEFORE** taking the flu shot in some situations. Check any that apply:

- Strong allergic reaction to a previous flu shot
- Strong allergic reaction to eggs
- Allergy to other parts of the vaccine
- Other medical conditions that concern you, _____
- I have no medical concerns about flu shots

Working through the 4 steps of this decision aid may help you decide

Step 1: What are the benefits and side effects of each option?

Step 2: Which reasons to choose each option matter most to you?

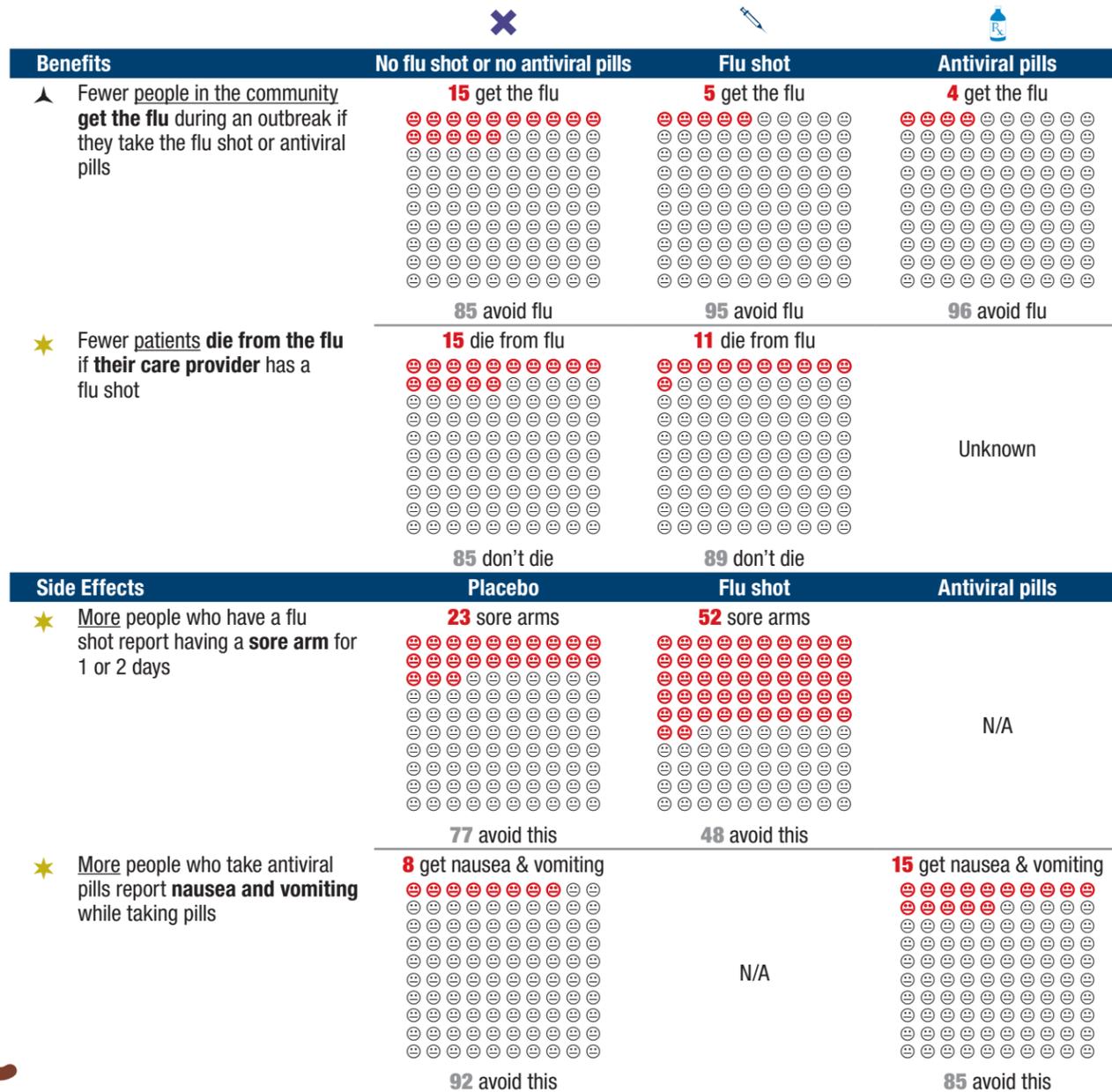
Step 3: What else do you need to make your decision?

Step 4: What are the next steps?

Step 1: What are the benefits and side effects of each option?

What does the research show?

Blocks of 100 faces show a 'best estimate' of what happens to **100 people** who choose different options **during a flu season**. Each face ☹️ stands for one person. The shaded areas show the number of people affected. There is no way of knowing in advance if you or your patients will be the ones affected.



▲ Platinum or ★ Gold symbols mean stronger study results. ★ Silver or ▲ Bronze symbols mean weaker study results.

Other notes on the flu shot: Guillain-Barré syndrome is a rare nervous system disorder where the body's immune system attacks the nerves in the body. This can cause weakening and numbing of the muscles, and, in severe cases, paralysis may occur. The exact causes of the disorder are unknown, but it is commonly triggered by an infection. Influenza vaccine may slightly increase the risk of developing the disorder. If a million people have a flu shot, one person may get Guillain-Barré syndrome and 999,999 people avoid this. This risk is the same as dying in an airplane or train accident. Some people wonder if the flu shot causes fever, fatigue, headache, or muscle pain. They are just as likely to get these symptoms if they are given a shot with a placebo (an inactive substance).

Step 2: Which reasons to choose each option matter most to you?

Common reasons to choose each option are listed below.

For each question, circle how much each reason matters to you on a scale from 0 to 5. '0' means it is **not** important to you. '5' means it is **very** important to you.

When answering the questions below, if you decide a reason is important to you, your best options are shown on the right.

How important is it to you?	Not Important	Very Important	Options to consider
To avoid ALL side effects of taking flu shots and antiviral pills?	0 1 2 3 4 5		✗
To avoid a needle and side effects unless there is an outbreak?	0 1 2 3 4 5		📌 and 💊
To avoid the inconvenience and side effects of taking pills?	0 1 2 3 4 5		📌
To avoid getting the flu for the whole flu season?	0 1 2 3 4 5		📌
To avoid spreading the flu to family and patients?	0 1 2 3 4 5		📌
To avoid work limitations during a flu outbreak if you decline the flu shot?	0 1 2 3 4 5		📌 and 💊
List other things that are important:	0 1 2 3 4 5		
	0 1 2 3 4 5		

Now, think about which option has the reasons that are most important to you.

Which option do you prefer? Check one:

- Take the flu shot before the flu season
- Wait for an outbreak and take the flu shot and antiviral pills for 14 days
- Decline both the flu shot and antiviral pills
- I don't know