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?

<table>
<thead>
<tr>
<th></th>
<th>Flu shot</th>
<th>Antiviral pills</th>
<th>Decline flu shot &amp; pills</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>No</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
</tr>
</tbody>
</table>

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?

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: ________________________________________________________


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. Funding was provided 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.
**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.

### Benefits
- Fewer people in the community get the flu during an outbreak if they take the flu shot or antiviral pills
  - Flu shot: 15 get the flu, 85 avoid flu
  - Antiviral pills: 4 get the flu, 96 avoid flu
- Fewer patients die from the flu if their care provider has a flu shot
  - Flu shot: 15 die from flu, 85 don’t die
  - Antiviral pills: 11 die from flu, 88 don’t die

### Side Effects
- More people who have a flu shot report having a sore arm for 1 or 2 days
  - Flu shot: 23 sore arms
  - Antiviral pills: N/A
- More people who take antiviral pills report nausea and vomiting while taking pills
  - Antiviral pills: 15 get nausea & vomiting

**How important is it to you?**

<table>
<thead>
<tr>
<th>Options to consider</th>
<th>Not Important</th>
<th>Very Important</th>
<th>Options to consider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu shot or no antiviral pills</td>
<td>☐ 1 2 3 4 5</td>
<td>☒ X</td>
<td>To avoid ALL side effects of taking flu shots and antiviral pills? ☐ ☒ ☑ ☐ ☐</td>
</tr>
<tr>
<td>Flu shot</td>
<td>☐ 1 2 3 4 5</td>
<td>☒ X</td>
<td>To avoid a needle and side effects unless there is an outbreak? ☐ ☒ ☑ ☐ ☐</td>
</tr>
<tr>
<td>Antiviral pills</td>
<td>☐ 1 2 3 4 5</td>
<td>☒ X</td>
<td>To avoid the inconvenience and side effects of taking pills? ☐ ☒ ☑ ☐ ☐</td>
</tr>
<tr>
<td>No flu shot or no antiviral pills</td>
<td>☐ 1 2 3 4 5</td>
<td>☒ X</td>
<td>To avoid getting the flu for the whole flu season? ☐ ☒ ☑ ☐ ☐</td>
</tr>
<tr>
<td>Decline both the flu shot and antiviral pills</td>
<td>☐ 1 2 3 4 5</td>
<td>☒ X</td>
<td>To avoid spreading the flu to family and patients? ☐ ☒ ☑ ☐ ☐</td>
</tr>
<tr>
<td>Wait for an outbreak and take the flu shot and antiviral pills for 14 days</td>
<td>☐ 1 2 3 4 5</td>
<td>☒ X</td>
<td>To avoid work limitations during a flu outbreak if you decline the flu shot? ☐ ☒ ☑ ☐ ☐</td>
</tr>
</tbody>
</table>

List other things that are important:

<table>
<thead>
<tr>
<th>Options to consider</th>
<th>Not Important</th>
<th>Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ ☒ ☑ ☐ ☐</td>
<td>☐ ☒ ☑ ☐ ☐</td>
<td>☐ ☒ ☑ ☐ ☐</td>
</tr>
<tr>
<td>☐ ☒ ☑ ☐ ☐</td>
<td>☐ ☒ ☑ ☐ ☐</td>
<td>☐ ☒ ☑ ☐ ☐</td>
</tr>
</tbody>
</table>

**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.

1. **To avoid ALL side effects of taking flu shots and antiviral pills?**
   - ☐ ☒ ☑ ☐ ☐
2. **To avoid a needle and side effects unless there is an outbreak?**
   - ☐ ☒ ☑ ☐ ☐
3. **To avoid the inconvenience and side effects of taking pills?**
   - ☐ ☒ ☑ ☐ ☐
4. **To avoid getting the flu for the whole flu season?**
   - ☐ ☒ ☑ ☐ ☐
5. **To avoid spreading the flu to family and patients?**
   - ☐ ☒ ☑ ☐ ☐
6. **To avoid work limitations during a flu outbreak if you decline the flu shot?**
   - ☐ ☒ ☑ ☐ ☐

**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 numbness 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).