



Should I Get a Flu Shot?

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The Osteogenesis Imperfecta Foundation, Inc. is the only voluntary national health organization dedicated to helping people cope with the problems associated with osteogenesis imperfecta. The Foundation's mission is to improve the quality of life for people affected by OI through research to find treatments and a cure, education, awareness, and mutual support.

Yes, and October and November are the best months to get vaccinated.

Influenza, more commonly known as "the flu," is caused by a virus that infects the nose, throat and lungs. The flu can cause severe illness in many people, sometimes leading to hospitalization. Pneumonia, dehydration and worsening of long-term medical problems are the most common complications.

Because OI is a chronic medical condition, it meets one of the Centers for Disease Control and Prevention's criteria for getting vaccinated.

Since young children are at increased risk of becoming severely ill from the flu, the American Academy of Pediatrics and the Centers for Disease Control and Prevention recommend that all children 6 months to 2 years get vaccinated. Adults who care for infants, young children or children who have a chronic medical problem are also urged to get a flu shot.

There are some people who should not be vaccinated. These include:

- Anyone with a severe allergy to chicken eggs;
- Anyone who had a severe reaction to a previous flu shot;
- Anyone who developed Guillain-Barre syndrome within 6 weeks of getting a flu shot,
- Children who are younger than 6 months.

Often the pneumonia vaccine is available at the same time as the flu shot. Adults with OI, especially those with reduced respiratory function, and parents of children with OI, should ask their doctor if the additional vaccination is necessary.

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For more information about osteogenesis imperfecta contact:



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