

THE PARISH PRESS

The monthly newsletter of St. Pius X Parish Community

A Reflection from Fr. Paul

I began thinking about this reflection on September 11th, the 21st anniversary of the attacks on our country that killed so many people and led to war, which killed so many more. The Gospel that day was the parable of the Prodigal Son and it struck me what powerful examples we have in the father and the older son.

The Father: he had every right to be angry and alienated from his younger son. He had been publicly humiliated. He had been abandoned. His resources had been squandered.

The older brother: why was he angry? Nothing of his was taken. His father said, "Everything I have is yours," so his inheritance was intact. He thought he had "earned" his father's love and his brother had not. Was it a strong sense of justice? Jealousy?

What is the difference between these two people and their reactions? I think it is the difference between someone who can be other-centered and someone who is self-centered. The father was not centered on himself. Yes, he had been wronged, but he was concerned for his son and his well-being. He was able to be merciful. The older brother, on the other hand, was centered only on himself and what was "just" for him. Notice his whining: I did everything right and I didn't get a big party. How come my brother does?

Our very human reaction is that of the older brother. It makes sense to our human way of thinking and our sense of justice. But the prodigal father was acting more like God, being merciful, forgiving, and accepting.

Jesus modeled for us how to be merciful. Think of the Samaritan woman at the well or the woman caught in adultery: the religious leaders wanted to stone her, but Jesus does not condemn her. He tells her to go and sin no more. Perhaps the best example is Peter: he

boasted that he would die for Jesus, but then denied him three times and ran away. What does Jesus do? He doesn't humiliate Peter, he doesn't yell or reprimand him. He simply asks, "do you love me?", giving Peter the chance to clear his conscience.

I go back to 9/11 and the state of our world today. So much anger, division, and hatred exist within our country and between countries. Are people reacting more like the older brother than the prodigal father?

What would our country and our world be like if we were more like the prodigal father? We can't change everything, but we can change ourselves and our world needs us to do it.

I invite us to spend some time reflecting on the reactions of the father and the older son, being honest with ourselves on how we react to others. Let us work to become more and more like the prodigal father, leaving the older son in us behind. God bless.

Parish Updates from Fr. Paul

Summer is officially over: all the children are back in school, daylight is getting shorter, and parish activities have started up again, including fellowship after the Sunday Masses. Join us!

Welcome Back Mass

Our celebration on September 11th went very well. I think the pouring rain was God's way of affirming our decision to have the Mass inside the church! I noticed a number of people arrived for 10:30, rather than 10:00 am. After consulting with various people involved in the preparation and execution of the Mass and luncheon, I suggested, and the Pastoral Council agreed, that future Welcome Back Masses will start at 10:30 am, our normal starting time for the last Sunday Mass.

(continued on page 2)

With the Welcome Back Mass, we began using altar servers and having an offertory procession again; both practices had been suspended since the pandemic lockdown. We continue using the donation boxes in the back of church, rather than taking up a collection during Mass.

Ministry Fair

Thank you to all who staffed the tables for the ministry fair the weekend of September 17th & 18th. About 14 people signed up for ministries. Thank you for being willing to share your time and talent on behalf of our community. If you were unable to attend, and would like to learn more about getting involved at the parish, visit www.stpiusparish.org/how-do-you-want-to-be-involved.html or call the parish office.

Adult Faith Formation

Please note in this newsletter and take advantage of the various opportunities Rob Hoffmann, our Director of Adult Formation, is offering to help us learn more about our faith and how to live it better.

Wauwatosa Catholic School

The school year is off to a good start, with a very upbeat atmosphere in the school, under the leadership of our new principal, Nicolle Schroeder. One challenge is to increase our enrollment. Please consider the wonderful Catholic education given at Wauwatosa Catholic. Talk about our school with your neighbors and friends, while keeping our school community in your prayers. I thank all the staff for their ministry and dedication to our children.

Sister Parish Collection

Our annual collection for Santa María Nebaj in Guatemala began the weekend of September 24th & 25th. There is still time to donate online at <https://bit.ly/StPiusXDonations>, through the Vanco Mobile app or take an envelope from the back of church. Thank you for your generosity.

2023 Pledge Drive

As usual, we will have our pledge drive this month for the coming year. Please watch for the mailing near the end of the month. We do it this early to help us in creating the most accurate budget possible for the next fiscal year. I thank you for your generous support of our community and its ministries.

All Parish Meeting

Please plan on attending our annual parish meeting immediately after each Mass the weekend of **November 19th & 20th**. More information will be coming as we get closer to the date.

Wonderful News for the Salvatorian Family

On September 19th, we received official word that the Vatican has recognized the Community of the Divine Savior, the Lay branch of our Salvatorian Family, as an "International Private Association of the Faithful" (translation: officially recognized by the church and so is subject to the rights and responsibilities outlined in Canon Law). Blessed Francis Jordan started a movement that included lay, religious, and clergy, but the lay dimension was lost because of the strong clerical atmosphere in the Church at that time. The Salvatorian religious reestablished the lay dimension after Vatican Council II and the laity are now our largest group. This official recognition is crucial for the Lay Salvatorians to be culturally accepted in some of the countries where we exist. Please keep our Salvatorian Family in your prayers, that we might always be faithful to our charism of bringing the goodness and kindness of Christ to the world.

Health Ministry

Pat Bruce

Call For Reusable Bags

Eras volunteers that deliver stock boxes to seniors often recommend having additional reusable grocery bags available to help carry items into clients' homes. If you have any clean and in good condition *reusable* grocery bags to donate, please drop them in the metal wire grocery cart labeled for "Eras" in the back of church. We will be collecting them now through October 16th. Thank you!

Get Your Shots at Home

Unable to leave home to get your shots (flu, covid, shingles, pneumonia etc.)? HYATT Pharmacy (on 8th & Layton), has a program that can help: Medication Therapy Mgmt. Call (414) 269-2530 for more information. They will go to any home in Milwaukee or Waukesha counties free of charge, insurance covers costs. A disability verification not required.

Operations & Finance

Dean Weyer

Director of Operations & Finance

Finances

Through the first two months of our fiscal year, our income and expenses are on pace to the budget. While over recent years we have been able to project small operating surpluses, this year our budget is projected to be balanced, meaning we've planned expenses to be the same as our anticipated income.

Increased stewardship is expected to cover increased operating costs and has allowed us to be able to invest in a new part time Adult Formation staff position, significantly adding to those ministry offerings!

Facilities

At this time last year, we were preparing to replace the Convent roof. While that is now behind us, and the Sisters have put their pans and buckets away, our school and rectory roofs seem to be sprouting a leak with each driving rainstorm finding a new location to exploit. For now, we are doing some patching, while accumulating funds in the (brown envelope) Buildings & Grounds Fund toward the larger expenditure of roof replacements a couple (3/4?) years down the road.

Being landlords to both the Sisters in the convent and Kingdom Prep often requires prompt attention to matters. We are blessed to have the continued services of parishioner Josh Komars, of Josh's Handyman Services, to help us with the roofs and most of our repairs that range from mechanical, to electrical, to plumbing and all the "little & odd things" that come up almost every day. For example, this month we even had Josh rounding up BATS that found their way to Fr. Paul's apartment and the parish office foyer! Thanks Josh!

Justice & Peace

John Pandl

Please join parishioners John Pandl & Brenda Hanus for a discussion of Matthew Desmond's inspiring book *Evicted* in the cafeteria between the 8:00 & 10:30 am Masses on October 23rd, November 6th and 20th. Copies of the book are available for free in the church foyer. *Evicted* is a great read, portraying true eviction stories of people in two Milwaukee neighborhoods. You may participate even if you have not read the book. It is divided into three sections, so each week we will focus the discussion on one of the three sections. We look forward to your contributions to our discussions!

Catholic Identity

Holly Cartier

In a conversation I had the other day, I asked about a friend's faith journey. She admitted rather sheepishly she felt stalled. She said, "I just don't feel worthy." I was shocked and somewhat dismayed. Worthy? Who of us is worthy? Who of us could possibly be worthy of the sacrifice of God's Son?

God speaks to us of the gifts of Faith, Hope Love. "And the greatest of these is Love." How can we stand in His presence and not realize that His love for us makes us worthy of all the gifts He has given us?

It is not anything we could ever do that could make us deserving of the sacrifice that Jesus made for us for our salvation. Jesus asks of us two things; To love God, and to love our neighbor as ourselves. We have been made in His Likeness to offer each other the presence of Christ, and to see Jesus in each other. We are all worthy of God's Love because he has made us so.

*This is our Faith,
this is Our Catholic identity.*

*Holly welcomes your comments at
hcarts.hc@gmail.com.*

Wauwatosa Catholic School

Karen Scharrer-Erickson
Curriculum Coordinator

Students at WCS wasted no time acclimating to the 2022-23 school year. They took off eagerly diving into their new grade. In first grade the students are researching saints. They are learning about St. Francis of Assisi as a group, learning how to research, finding important facts, then presenting what they learned. They then will choose a saint to research on an individual basis. By All Saints Day they will be ready to share what they have learned.

In 4th grade, students have been studying morality with an emphasis on how our beliefs affect our actions. They are perfecting their research skills by studying how a person of their choice is a role model for morality. There have been some extremely interesting discussions in the fourth grade class as they expand their knowledge on this important topic.

The middle school Rosary Club held a bake sale to earn money for their action project. The funds raised will be used to purchase materials for supplies needed to make rosaries which will be distributed to local and international groups associated with our parishes.

Our students were able to participate in projects which not only increased their awareness of social issues, but also allowed them to become involved in the community. The 5th - 8th graders assembled all the flowers given to the walkers in the Walk to End Alzheimer's. This was a phenomenal community service project, as they assembled over 2,000 flowers. At the same time the students learned about Alzheimer's disease and its effects on the patients and caregivers.

We were able to reestablish our Big Buddy program, which was put on hold during Covid. Students from 4th - 8th grade were paired with our younger students. They gather their little buddies before and sit with them during Mass. During the school year, they will be able to get together with their "buddy" many times.

International Peace Day was observed in a special way. Each of our students decorated a "Peace Rock" which were then all blessed by Fr. Paul. The students participated in a special Peace Prayer Service and then walked through the Tosa Village area, leaving their rocks for someone to find.

It is hoped that this peace offering would enable the finder to feel a moment of peace.

WCS kicked off the Catholic Schools Walk drive. The walk takes place on October 15th. We will be raising money to construct a new Tot Lot. For more information, and to donate, please visit www.wauwatosacatholic.org.

As an end to our busy month of September, we held our first Awards Ceremony of the year. We honored students from each grade level who exemplified the attribute of "open-minded". Our fourth graders led the ceremony.

All of us at WCS appreciate your support. You are remembered in our prayers for your generosity.

Let the Good Times Roll at Skate Night

Skate nights are back! Invite your family and friends for a night of skating, pizza and fun!

Date: Saturday, October 22nd

Time: Beginning skaters start at 6:00 pm, party skating starts at 6:30 pm, & open skate is from 7:00 - 9:00 pm

Location: St. Pius X gym

Cost: \$5 per person, \$1 discount if you bring your own skates (no in-line, Sketchers or Heelys skates allowed)

If skating is not your thing, you are still welcome to come by and order a pizza to eat there or take home!

Please note: ALL skaters, children and adults, must have a signed waiver (children by a parent or guardian) before they can skate. They are available in the lobby when you arrive. One signed waiver is good for the entire season.

Faith Formation

Rob Hoffmann

Director of Adult Formation

Our adult faith formation offerings began at the end of September and now continue to build in October. We have programming scheduled for each month of 2022–2023. I would like to thank the St. Pius X community for its warm welcome and invite you to reach out to me with any suggestions or faith formation needs. Here is what is happening...

Bible Study

Bible study began the last week of September and will run through the end of October. We are exploring the first half of Acts of the Apostles (we will continue with the second half at the beginning of 2023) and learning about the early Church and the spread of Christianity.

It's not too late to join! We are meeting Tuesday evenings at 7:00 pm or Wednesday mornings at 8:30 am in the Francis Jordan room, with a Zoom option for remote attendance. The Francis Jordan room can be accessed from the main office doors. Call or email me for more information.

Disciple Discussions

Join us after each of the Sunday Masses for Disciple Discussions. Each week we will meet a community member who is living as a disciple of Christ. This is an informal 15 minute conversation and will happen in conjunction with fellowship in the school cafeteria. Check us out and be inspired!

Parish Library

We are very blessed to have an extensive parish library and Holly Cartier our parish librarian. The library is now open and you can read more about it in Holly's column on the last page of this newsletter.

All Saints and All Souls Retreat

Join us October 29th from 8:30 am until noon in the Francis Jordan room at the parish office. for a morning of reflection on the feasts of All Saints and All Souls. We will explore the history, theology and traditions of these feasts. We will spend time in reflection growing our faith individually and as a group. There is a registration sheet at the back of church in the faith formation area or you can contact me for more information.

Rob's contact information

Phone: (414) 453-3875 Ext 18

Email: rhoffmann@stpiousparish.org

FORMED - The Catholic Faith. On Demand.

Diving into the beauty of the Faith has never been easier: at home, on the go, or from any internet connected device. Discover thousands of books, audio talks, movies, documentaries, and studies... there is something for every member of the family to help them grow closer to Christ and His Church.

You have easy access to all of the material on FORMED to support your own faith journey and that of your family members. This service is offered to you for free through our parish.

Are you hesitant to return to the Sacrament of Reconciliation after a long absence? Watch *Forgiven: The Transforming Power of Confession*.

Would you like to be more confident in answering your teenagers' questions about the validity of the Gospels? Watch *Lectio: The Case for Jesus*.

Do you search for a reliable source of Catholic teaching on current issues? Tune in each week to *The Augustine Institute Show with Dr. Tim Gray*.

Have you despaired of finding good movies that your family can enjoy together on a Friday night? Start with *Mother Teresa*, the story of the selfless saint who brought hope and love to the poorest of the poor.

You can enjoy FORMED for free on your computer or on your television with an inexpensive Roku device or Apple TV. You can even listen on your phone as you commute to work or do chores.

How to Register for FORMED!

1. Visit formed.org/signup or scan the QR code
2. Enter our parish zip code (53213) or name
3. Enter your name and email address
4. After you register, download the free FORMED app from the App Store or Google Play

Scan to get FORMED for free!



Stewardship Commission

Well Updates

This month we share the joy of the people of the village of Mbuyuni in rural Tanzania as they celebrate their new, clean, abundant water source. Read the letter below from James, the president of Safe Water for Life and Dignity (SWLD) to find out more. Well done, St. Pius X!

Dear all at St. Pius X,

I am writing to report on the completion of the first Living Waters well of year 2022, which is in Mbuyuni village. Currently, there are more than 700 people benefitting from this project and the majority of these villagers are farmers. Like many rural communities the people of Mbuyuni were lacking access to clean and safe water.

After many years of struggling to secure the funds for water projects with no avail, the village chairperson came to SWLD for help. After receiving the Living Waters 2022 funds we studied the water condition at Mbuyuni village to assess the extent of need and determine the location of the well.

During the assessment and survey we found that the villagers at Mbuyuni were very much in need of clean water. The villagers did not have alternative source of water for domestic use and the past water sources were poor in quality and quantity. Many of these past water sources were just tiny hand dug holes on the river beds or dry river streams producing very meager amount of dirty water.

It was sad that many villagers became frequently sick due to the use of unclean water. Sometimes hunger and conflicts occurred in the families due to delay of meals or lack of water for cooking. There were also some conflicts in the traditional well points due to scarcity of water resulted from the prolonged dry spell.

Nevertheless, the hydrogeological report showed that the village had a suitable formation of aquifer for permanent water table. This allowed us to install a new well at Mbuyuni. The good news is, a few days ago SWLD successfully completed a new well at Mbuyuni village. The villagers are grateful to you for your support and this living water source, which is permanent, reliable, accessible and safe. It is a great relief to the entire village.

Many thanks,

*Dr. James Nyangas
(President - SWLD)*



Celebrating the new well in Mbuyuni

Archdiocesan Stewardship Appeal

We are a just over halfway through the Archdiocesan Stewardship Appeal, and a little more than halfway to our parish goal. Thank you to all who have donated, but fewer than 20% of the Pius X households have contributed.

This is an opportunity to share your blessings with others and further God's mission in the Archdiocese of Milwaukee. Please prayerfully consider donating any amount.

To donate, text APPEAL2022 to (414) 348-8380, give online at www.catholicappeal.org or mail your contribution to the Catholic Stewardship Appeal, 3501 S. Lake Drive, Milwaukee, WI 53207.

St. Pius X Parish Community Calendar - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Mass followed by fellowship, 8:00am Disciple Discussions, 9:00-9:15am, Cafeteria CGS 1, 2 & 3, 9:00-10:15am, CK Mass followed by fellowship, 10:30am Disciple Discussions, 11:30-11:45am, Cafeteria Middle School YM, 4:00-5:30pm, SB High School Small Groups, 6:30-8pm, CK Alpha, 6:30 - 8pm, CK	3 Mass, 8:00am CGS 1, 9:30-11am, Pius Atrium Liturgy Commission, 6:00pm, FJ	4 Seniors Club Board Meeting, 10:30am, MA Health Ministry, 6:00pm, FJ Bible Study, 7:00-8:30pm, FJ & Zoom	5 Mass, 8:00am Bible Study, 8:30-10am, FJ & Zoom CGS 3, 2:30-4pm, CK CGS 1, 2 & 3, 4:15-5:45pm, CK CGS 2, 6-7:30pm, CK Formation & Evangelization, 7:00pm, FJ	6 Cantor Rehearsal, 6:45-7:15pm, Church Celebration Choir Rehearsal, 7:15-8:45pm, Church	7 Mass, 8:00am Reflection on Sunday Scriptures, 8:30am, FJ CGS 1, 10:00-11:30pm, CK	1 Reconciliation, 4:00-4:30pm, Church Mass, 5:00pm Reconciliation, 4:00-4:30pm, Church Mass, 5:00pm
9 Mass followed by fellowship, 8:00am Disciple Discussions, 9:00-9:15am, Cafeteria CGS 1, 2 & 3, 9:00-10:15am, CK Mass followed by fellowship, 10:30am Disciple Discussions, 11:30-11:45am, Cafeteria	10 Mass, 8:00am CGS 1, 9:30-11am, Pius Atrium	11 Boy Scouts, 6:15pm, 101 Bible Study, 7:00-8:30pm, FJ & Zoom	12 Mass, 8:00am Bible Study, 8:30-10am, FJ & Zoom Seniors Club Fall Bus Trip, 8:30am CGS 3, 2:30-4pm, CK CGS 1, 2 & 3, 4:15-5:45pm, CK CGS 2, 6-7:30pm, CK Pastoral Council, 7:00pm, FJ J4J Rehearsal, 7:00pm, Church	13 Cantor Rehearsal, 6:45-7:15pm, Church Celebration Choir Rehearsal, 7:15-8:45pm, Church	14 Mass, 8:00am Reflection on Sunday Scriptures, 8:30am, FJ CGS 1, 10:00-11:30pm, CK	15 Reconciliation, 4:00-4:30pm, Church Mass, 5:00pm
16 Mass followed by fellowship, 8:00am Disciple Discussions, 9:00-9:15am, Cafeteria CGS 1, 2 & 3, 9:00-10:15am, CK Mass followed by fellowship, 10:30am Disciple Discussions, 11:30-11:45am, Cafeteria Baptism Preparation Class, 11:30am, FJ Middle School YM, 4:00-5:30pm, SB High School Small Groups, 6:30-8pm, CK Alpha, 6:30-8pm, CK	17 Mass, 8:00am CGS 1, 9:30-11am, Pius Atrium Stewardship, 5:30pm, FJ	18 Bible Study, 7:00-8:30pm, FJ & Zoom	19 Mass, 8:00am Bible Study, 8:30-10am, FJ & Zoom CGS 3, 2:30-4pm, CK CGS 1, 2 & 3, 4:15-5:45pm, CK CGS 2, 6-7:30pm, CK J4J Rehearsal, 7:00pm, Church	20 Cantor Rehearsal, 6:45-7:15pm, Church Celebration Choir Rehearsal, 7:15-8:45pm, Church	21 Mass, 8:00am Reflection on Sunday Scriptures, 8:30am, FJ CGS 1, 10:00-11:30pm, CK 6 th & 7 th Grade Faith Formation, 6:30 - 8:00pm	22 Reconciliation, 4:00-4:30pm, Church Mass, 5:00pm

(continued on next page)

St. Pius X Parish Community Calendar - October 2022

<p>23</p> <p>Mass followed by fellowship, 8:00am Disciple Discussions, 9:00-9:15am, Cafeteria CGS 1, 2 & 3, 9:00-10:15am, CK Mass followed by fellowship, 10:30am Disciple Discussions, 11:30-11:45am, Cafeteria 8th Grade YM, 4:00 - 5:30pm, SB YM (Freshmen/Alpha only, 5-8pm, CK</p>	<p>24</p> <p>Mass, 8:00am CGS 1, 9:30-11am, Pius Atrium Finance Council, 6:00pm, FJ</p>	<p>25</p> <p>Seniors Club Halloween Party, 12:00-4:00pm, FJ Boy Scouts, 6:15pm, 101 Bible Study, 7:00-8:30pm, FJ & Zoom</p>	<p>26</p> <p>Mass, 8:00am Bible Study, 8:30-10am, FJ & Zoom CGS 3, 2:30-4pm, CK CGS 1, 2 & 3, 4:15-5:45pm, CK CGS 2, 6-7:30pm, CK</p>	<p>27</p> <p>Cantor Rehearsal, 6:45-7:15pm, Church Celebration Choir Rehearsal, 7:15-8:45pm, Church</p>	<p>28</p> <p>Mass, 8:00am Reflection on Sunday Scriptures, 8:30am, FJ CGS 1, 10:00-11:30pm, CK</p>	<p>29</p> <p>All Saints/All Souls Retreat, 8:30am-12:00pm, FJ Reconciliation, 4:00-4:30pm, Church Mass, 5:00pm</p>
<p>30</p> <p>Mass followed by fellowship, 8:00am Disciple Discussions, 9:00-9:15am, Cafeteria Mass followed by fellowship, 10:30am Disciple Discussions, 11:30-11:45am, Cafeteria</p>	<p>31</p> <p>Mass, 8:00am</p>	<p>Key 101 = Room 101 CGS = Catechesis of the Good Shepherd CK = Christ King FJ = Francis Jordan Room (R/LR) MA = Mary of the Apostles Room (R/DR)</p> <p>MGC = Mother of Good Counsel SB = St. Bernard's WCS = Wauwatosa Catholic YM = Youth Ministry</p>				

Seniors Club

Sue Langel
Program Coordinator



Senior Fall Bus Trip to Hartford

Date: Wednesday, October 12th
Time: Arrive no later than 8:45 am, the bus leaves promptly at 9:00 am. We will return by 5:00 pm.
Meeting location: St. Pius X Church parking lot
Note: The bus & all the locations we are visiting are handicap accessible & there is a bathroom on the bus
Cost: \$39/person, includes tours & lunch, tax & gratuity. Please pay when you get on the bus. Cash is preferred, but if you would like to pay by check, they may be made out to "St. Pius X Parish" with "Senior Bus Trip" in the memo line.

We will be visiting the city of Hartford this year!

- Stop #1:** Magic Willows Alpacas Farm - tour & gift shop
- Stop #2:** Wisconsin's Automotive Museum
- Stop #3:** Lunch at The Mineshaft Restaurant

Please RSVP by Sunday, October 9th by calling the parish office at (414) 453-3875.

Parish Library

The Parish Library is located by the chapel next to the Reconciliation Room. It is open to all and we have some wonderful books to both inform and guide your devotional experiences.

Checkout is very simple:

1. Remove the card from the front of the book
2. Sign your name
3. Place the card in the box on the library desk
4. Keep the books as long as you need them

We have placed a selection from our library on a small table in the church foyer. The check out process is the same for these books (checkout cards on the table). When you are finished with the books, you may return them to the bottom shelf.

Happy reading!

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

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

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

In an average year, **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2. Influenza vaccines

CDC recommends everyone 6 months and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")

In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.

Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



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

4. Risks of a vaccine reaction

- Soreness, redness, and swelling where the shot is given, fever, muscle aches, and headache can happen after influenza vaccination.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636** (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/flu.

