

VACCINATION AGAINST FLU

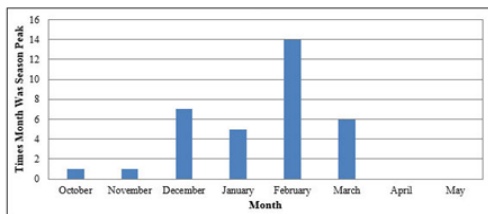


FLU ACTIVITY

In the United States flu viruses can be detected all year, but they are most common during the fall and winter. Usually influenza activity begins to increase in October. Most of the time flu activity peaks between December and March.

The "busiest" month for influenza is February

Peak Month of Flu Activity
1982-1983 through 2015-2016



WHY SHOULD PEOPLE GET VACCINATED AGAINST THE FLU?

Influenza is a serious illness and can lead to hospitalization and sometimes even death. Every flu season is different, and influenza can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Between 1976 and 2007, over a period of 31 seasons, estimates of flu-associated deaths in the United States range from 3,000 to 49,000. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in patients older than 65 years of age.

November, 2016

What's Inside:

- Flu Activity
- Reasons to Get Vaccinated
- Can the Flu Vaccine Give You the Flu?
- Who Needs to Get Vaccinated?
- Benefits of Vaccination
- Vaccine Distribution
- Who Should Not Get the Flu Vaccine?

The more people get vaccinated against the flu, the less infection can spread through the community.

An annual flu vaccine is the best way to reduce the chances that you will get seasonal flu

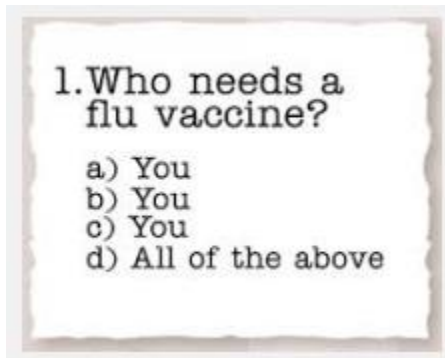
CAN THE FLU VACCINE GIVE YOU THE FLU?

The flu vaccine cannot cause flu illness. Flu vaccines are made either with inactivated viruses, therefore they are not infectious, or with no flu viruses at all (recombinant influenza vaccine).



The nasal spray flu vaccine does contain live viruses; however, the viruses are weakened and cannot cause flu.

WHO NEEDS TO GET VACCINATED?



CDC recommends using inactivated influenza vaccine or IIV and the recombinant influenza vaccine or RIV. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017.



Different flu vaccines are approved for use in different groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any allergies to flu vaccine or its components.

All persons aged 6 months and older are recommended for annual vaccination, with rare exception. Tell your doctor if you have an allergy to eggs (some vaccines are made with egg protein) or if you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS).

BENEFITS OF THE VACCINE

Flu vaccination can keep you from getting sick with the flu; even if you get sick the vaccine may make

your illness milder. By vaccinating yourself you are protecting people around you including your family. Vaccination helps protect women during and after pregnancy. Getting vaccinated can also protect a baby after birth from flu.

Flu vaccination is an important preventive tool for people with chronic health conditions like heart disease, asthma, etc.

Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).

VACCINE DISTRIBUTION

Influenza vaccine production begins as early as 6 to 9 months before the beginning of vaccine distribution. Even with this early start, it isn't possible to complete the entire production and distribution process prior to flu season, in part because of the limited number of influenza vaccine manufacturing plants in the United States. Instead, influenza vaccine distribution takes place in a phased fashion over a number of months.

Distribution usually begins in late summer and is complete near the end of November or early in December. This may result in some uncertainty making it difficult for vaccine providers to plan their vaccination activities. Manufacturers and distributors try to get some vaccine to as many providers as possible as early as possible so that they can begin vaccinating their patients.

WHO SHOULD NOT GET THE FLU VACCINE?

Children younger than 6 months are too young to get a flu shot. Also, people with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine should not get it. This might include gelatin, antibiotics, eggs, or other ingredients. Talk to your doctor or pharmacist.

Have a safe and healthy winter season!

REFERENCES:

www.cdc.gov/flu/