



REGIONAL COOPERATIVE CARE PARTNERSHIP

STATION OUTHOUSE OUTREACH TRAINING



It's that time of year again...

2016-2017 Flu Season and You!

Who needs a flu shot?

You do! Flu shots are recommended every season for everyone 6 months of age and older. It is even more important to get a flu shot if you are at high risk of serious complications from influenza - young children, older adults, pregnant women, nursing home residents, as well as people with a history of asthma, neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine, kidney, liver or metabolic disorders, weakened immune systems (HIV, cancer, etc.), and people with a body mass index greater than 40.

What's new with the flu vaccine this season?

This flu season only injectable flu shots are recommended (no nasal spray). Nasal spray vaccine is not recommended for this flu season due to concerns about its effectiveness.

There are multiple new vaccines that are on the market this flu season including standard flu shots, high-dose flu shots, flu shots made with adjuvant (for older people), a shot made with virus grown in cell culture and a shot made using a vaccine production technology that does not require the use of flu virus.



What flu virus does the flu shot protect me from?

Each year, flu shots are updated to include flu viruses that are likely to be circulating in flu season. For the 2016-2017 flu season, the following strains are included in trivalent flu vaccines:

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Hong Kong/4801/2014 (H3N2)-like virus
- B/Brisbane/60/2008-like virus (B/Victoria lineage)

Quadrivalent vaccines include the three above strains, plus:

- B/Phuket/3073/2013-like virus.

Can the flu shot give me the flu?

No, you cannot get the flu from the flu shot. After receiving the flu shot you may have some soreness, redness or swelling at the injection site, a slight fever and aches.

You can still get the flu, despite having received a flu shot. This is possible for a variety of reasons. You may have been exposed to a flu virus before you received your flu shot or after you received your flu shot, but before you built up protection against the flu (it takes approximately 2 weeks for your body to develop the antibodies). You may also have been exposed to a flu virus that is not one of the strains that was included in the flu vaccine.

How else can I prevent the flu?

Proper and frequent hand hygiene as well as covering the mouth and nose with a tissue when coughing and sneezing can help to prevent transmission of the flu. Avoiding close contact with people who are sick, as well as staying home when you are sick can help to decrease the spread of the flu.

Reference

Influenza (flu). www.cdc.gov/flu

Questions / Contact Info: Tobin Miller, DNP, MSN/Ed., RN, CEN, CCRN, CFRN tobinmiller@rccp.us