According to CDC, millions of illnesses and thousands of deaths (as many as 50,000 deaths) may occur during the 2016-2017 “flu season” which is rapidly approaching and usually begins as early as October. It’s time to consider vaccination, which is recommend for almost everyone age 6 months and older.

New things this flu season:

- Only injectable flu shots are recommended this season.
- Flu vaccines have been updated to better match circulating viruses.
- The recommendations for vaccination of people with egg allergies have changed.
- There will be some new vaccines on the market this season.

Although predicting strains of influenza that may strike the U.S. this season is difficult, the following influenza vaccines are available and include:

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

*Some other vaccines available this season are four component which may also protect against additional B virus called B/Phuket/3073/2013 – like virus (B/Yamagata lineage).

For complete details about this season’s influenza recommendations go to:

http://www.cdc.gov/flu/about/season/flu-season-2016 - 2017.htm

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