
Flu Shots are preventive towards flu infection which may lead to dangerous complication like pneumonia and lists as preventable cause of hospitalization and death. It is more effective and cost effective compared to treatment for the same. It is convenient as needed once a year versus the treatment needed monthly.

BREATHE FREE LIVE FIT



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What is the Flu Shot?



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Flu Vaccination

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. Although swine flu is an Influenza infection, the death rate from the infection is higher and complication like pneumonia is also commoner. According to Health Ministry, the total number of deaths due to swine flu has reached 1,158 while the number of those affected was 21,412 till March 2, 2015. According to media reports there were about 345 deaths in May 2017. It is usually higher in the winter months. Even healthy people can get very sick from the flu and spread it to others especially in schools and colleges, offices, hospitals, hostels, public transport and airline travel. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and swine flu thus spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Traditional flu vaccines (called “trivalent” vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called “quadrivalent” vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

What kinds of flu vaccines are available?

Nasal and the injectable

Nasal is live virus and will mimic the actual infection but it resolves without events soon in few days.

Injectable vaccine is the INFLUVAC or VAXIGRIP or INFLUGEN as per different manufacturers and is a weakened strain of the live virus which causes antibody formation in the immune system. This doesn't have the classical viral course like that of the nasal vaccine. The injectable vaccine is the currently recommended therapy for 2017-18. Any details should be discussed with the doctor.



Are any of the available flu vaccines recommended over others?

It is recommended for annual (once a year) influenza vaccination for everyone 6 months and older with either the

inactivated influenza vaccine (IIV) or the recombinant influenza vaccine

(RIV). There is no preference for one vaccine over another among the recommended, approved injectable influenza vaccines. The most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. It is practised as “universal” flu vaccination in the WHO (World Health Organisation) to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza.

People at High Risk for Developing Flu-Related Complications

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women (and women up to two weeks postpartum)
- Residents of nursing homes and other long-term care facilities

People who have medical conditions including:

- Asthma
- Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability

(mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].

- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People with extreme obesity (body mass index [BMI] of 40 or more)

Who Should Not Be Vaccinated?

- 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. Children younger than 6 months are too young to get a flu shot.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients.

- If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS).
- Acutely unwell in severe viral infection.

People who should talk to their doctor before getting the flu shot

ALL HEALTH CARE PERSONNEL AND ACTIVE HEALTH CARE INVOLVED STAFF.

When should I get vaccinated?

You should get a flu vaccine now, if you haven't gotten one already this season. It's best to get vaccinated before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu. It is recommended that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

Where can I get a flu vaccine?

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centres, as well as by many employers, and even in some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health centre, or workplace.

Why do I need a flu vaccine every year?

A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses. For the best protection, everyone 6 months and older should get vaccinated annually.

Does flu vaccine work right away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

Can I get seasonal flu even though I got a flu vaccine this year?

Yes. There is still a possibility you could get the flu even if you got vaccinated. The ability of flu vaccine to protect a person depends on various factors, including the age and health status of the person being vaccinated, and also the similarity or "match" between the viruses used to make the vaccine and those circulating in the community. If the viruses in the vaccine and the influenza viruses circulating in the community are closely matched, vaccine effectiveness is higher. If they are not closely matched, vaccine effectiveness can be reduced. However, it's important to remember that even when the viruses are not closely matched, the vaccine can still protect many people and prevent flu-related complications. Such

protection is possible because antibodies made in response to the vaccine can provide some protection (called cross-protection) against different but related influenza viruses.

Vaccine Benefits

What are the benefits of flu vaccination?

While how well the flu vaccine works can vary, there are many reasons to get a flu vaccine each year.

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
 - Vaccine effectiveness for the prevention of flu-associated hospitalizations was similar to vaccine effectiveness against flu illness resulting in doctor's visits in a comparative study published in 2016.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
 - Flu vaccination has been associated with lower rates of some cardiac (heart) events among people with heart disease, especially among those who experienced a cardiac event in the past year.
 - Flu vaccination also has been associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
- Vaccination helps protect women during and after pregnancy. Getting vaccinated can also protect a baby after birth from flu. (Mom passes antibodies onto the developing baby during her pregnancy.)

- It has been shown that flu vaccination can significantly reduce a child's risk of dying from influenza.
- Flu vaccination also may make your illness milder if you do get sick.

Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Vaccine Side Effects

What side effects are expected in the Flu Shots?

- Mild side effects such as soreness, headaches, and fever are common side effects of the flu vaccine.
- If you experience a severe reaction such as difficulty breathing, hives, or facial swelling, seek medical attention immediately.
- Rarely chances of Guillan Barre Syndrome and Progressive Leukoencephalopathy are documented with older preparations.

If concerns exist feel free to talk to your doctor about them.