

What Every Patient Should Know for the 2016-2017 Flu Season

What Patients Need to Know about the Flu Vaccine

The Centers for Disease Control and Prevention (CDC) continues to recommend annual flu vaccination for everyone aged 6 months and older. The CDC also recommended that the “nasal spray” FluMist® vaccine should not be used during the 2016-2017 flu season.

Key Facts

- In recent seasons, the effectiveness of FluMist® was poor. FluMist® is not recommended for the 2016-2017 flu season.
- Based on CDC data, FluMist® only protected about 3 out of every 100 people aged 2 through 17 years old who received FluMist® in the 2015-16 season. However, the flu shot protected about 63 out of every 100 people who received it in the 2015-16 season.¹
- The decision to no longer use FluMist® is an example of using science to help improve the public’s health.

Patient Information

- Getting the flu vaccine is the number one way to prevent the flu. Protect yourselves by getting the flu shot and telling your loved ones to get the flu shot as well.
- Parents can help make their child’s visit to the doctor a better one. Here are some ways for relieving pain during and after the flu shot:
 - Hold your child
 - Bring a favorite toy to the appointment
 - Offer a favorite meal or snack right after the shot so they have something to look forward to
- Even healthy people can get the flu and it can be serious. Talk to your provider about the getting the flu shot, and ask them any questions you have about the flu.

Questions? Contact Jalyn Ingalls, Influenza Epidemiologist, at IngallsJ@michigan.gov
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1. Flannery, B. 2016. LAIV vs IIV effectiveness: Summary of Evidence since 2009. (PowerPoint Slides). Retrieved from: <http://www.cdc.gov/vaccines/acip/meetings/slides-2016-06.html>.