What Every Patient Should Know for the 2017-2018 Flu Season

What Every Patient Need to Know about the Flu Vaccine

The Centers for Disease Control and Prevention (CDC) continue to recommend annual flu vaccination for everyone aged 6 months and older. In addition, the CDC recommends that the “nasal spray" FluMist® vaccine should not be used during the 2017-2018 flu season.

Key Facts

- FluMist® is not recommended for the 2017-2018 flu season. During the 2016-2017 season, CDC recommended not to use FluMist® based on poor effectiveness noted in previous seasons.

- Based on CDC data, FluMist® only protected 3 out of every 100 people aged 2 through 17 years old who received FluMist® in the 2015-2016 season. However, the flu shot protected 63 out of every 100 people aged 2 through 17 years old who received it in the 2015-2016 season.

- Researchers are working to improve FluMist®, and make sure that it is effective in preventing the flu before being recommended for use again.

- The decision to not use FluMist® is an example of using science to help improve the public’s health.

Patient Information

- Getting flu vaccine is the number one way to prevent getting the flu. Protect yourself 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 strategies for reducing pain during 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. Ask questions and talk to your provider about getting the flu shot.

Questions? Contact Jalyn Ingalls, Influenza Outreach Coordinator, at IngallsJ@michigan.gov
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To access slides from previous ACIP meetings, email ACIP@CDC.gov
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