

What Every Patient Should Know about LAIV for the 2020-2021 Flu Season

What Every Patient Needs to Know About the Flu Vaccine

The Centers for Disease Control and Prevention (CDC) continue to recommend annual flu vaccine for everyone aged 6 months and older. The nasal spray flu vaccine, FluMist®, is recommended by the Advisory Committee on Immunization Practices (ACIP) as a vaccine option in 2020-21 for healthy, non-pregnant persons aged 2 through 49 years.

Key Facts

- FluMist® was not recommended in the U.S. for the 2016-17 and 2017-18 seasons because of concerns of poor effectiveness during earlier flu seasons.
- The manufacturer of FluMist® changed the virus that was thought to be the problem. New data suggest this new vaccine virus is more effective, so ACIP recommended FluMist® as an option for flu vaccine starting in the 2018-19 season.
- ACIP continues to recommend FluMist® as an option for 2020-21 and will continue to review data on how effective FluMist® is.
- The decision whether to recommend FluMist® is an example of using science to help improve the public's health.
- ACIP does not indicate a preference for one vaccine product over another for persons whom more than one vaccine product is licensed, recommended, and appropriate.

Patient Information

- Influenza is a highly contagious respiratory illness that can spread easily through coughing, sneezing, or talking.
- Getting flu vaccine is the best way to keep from getting the flu. Protect yourself and others by getting flu vaccine.
- Babies younger than 6 months are at high risk of serious flu illness. If you spend time with babies younger than 6 months of age, it is important that you get flu vaccine to help protect them because they are too young to get it themselves.
- It takes about 2 weeks after vaccination to develop protection. CDC recommends everyone aged 6 months and older get a flu vaccine by the end of October. However, getting vaccinated later can still be beneficial.
- Some children 6 months through 8 years old need 2 flu vaccines this season. They should start the vaccination process sooner because the 2 doses must be given at least 4 weeks apart. Ask your provider how many your child needs.
- Even healthy people can get the flu, and it can be serious. Ask your provider for your flu vaccine today!

For more information, refer to CDC's Frequently Asked Flu Questions 2020-2021 Influenza Season at www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm