



New Flu Information for 2016-2017

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

What's new this flu season?

A few things are new this season:

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

What flu vaccines are recommended this season?

This season, only injectable flu vaccines (flu shots) should be used. Some flu shots protect against three flu viruses and some protect against four flu viruses.

Options this season include:

- Standard dose flu shots.
- A shot for older people.
- A shot made with virus grown in cell culture.
- A shot made using a vaccine production that does not require the use of flu virus.



The nasal spray vaccine is **not** recommended for use during the 2016-2017 season because of concerns about its effectiveness.

People who have experienced **only** hives after exposure to egg can get any licensed flu vaccine that is otherwise appropriate for their age and health.

The Flu Is Contagious-Most healthy adults may be able to infect other people beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.** Some people can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

Top 5 Ways to Avoid the Flu:

1. Wash your hands with soap and warm water. Use alcohol-based hand sanitizers or wipes if soap and water are not available.
2. Try to stay in good general health by getting plenty of sleep, being physically active, and managing your stress, and eating nutritious food.
3. Drink plenty of fluids.
4. Avoid close contact with people who are sick and try to not touch surfaces that may be contaminated with the flu virus.
5. As the vaccines become available, protect yourself and your family by receiving your annual flu shot.

For More Information about the Flu: [CDC Flu Information](#)

Source: CDC