



Nurse Gill's Gems

The flu season is nearing

(The following information is from the Center for Disease Control and Prevention.)

Most people who get the flu will recover in less than two weeks. Unfortunately, some people may have complications from the flu requiring hospitalization or occasionally result in death. From 1976 to 2007 it is estimated that in the United States the range for flu-associated deaths has been as low at 3,000 deaths yearly to as high as 49,000 deaths yearly. Because of these reasons, it is important to get a flu vaccine.

Who Are At High Risk For Developing Flu-Related Complications?

Children younger than 5, but especially children younger than 2 years old, Adults 65 of age and older, Pregnant women, American Indians, Alaskan Natives.

Also, people with the following medical conditions: Asthma, Neurological and Neurodevelopmental conditions (such as epilepsy, stroke, cerebral palsy, intellectual disability, developmental delay, muscular dystrophy), chronic lung disease, heart disease (congenital heart disease, congestive heart failure, and coronary artery disease), Blood disorders (such as Sickle Cell Disease), Endocrine disorders (such as Diabetes), Kidney disorders, Liver disorders, Metabolic disorders, Weakened immune systems, People younger than 19 years of age who are receiving long-term aspirin therapy, People who are morbidly obese.

Who Should Get The Vaccine?

The Center for Disease Control and Prevention recommend anyone 6 months or older receive a flu vaccination yearly.

Who Should Not Get the Vaccine?

Those who should not receive a flu vaccine are children under 6 months of age and persons with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. People who have an allergy to eggs, have a history of Guillain-Barre Syndrome, or are currently ill should talk to their doctors before receiving the vaccine.

When Should I Get A Flu Vaccine?

Ideally in October a person should be vaccinated. However, as long as the viruses are circulating, vaccination should continue throughout the flu season, even in January or later. Your immunity begins about 2 weeks after vaccination.

What Are The Side Effects Of A Flu Vaccination?

Side Effects of nasal flu vaccination: runny nose, wheezing, headache, vomiting, muscle aches, fever, sore throat, cough.

Side effects of a flu shot: soreness, redness, or swelling where the shot was given, low grade fever, aches.

These side effects are short lived and will go away and should not prevent you from receiving a flu vaccination.