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It may still officially be summer, but the Centers for Disease Control and Prevention (CDC) wants people to start preparing for the 2018-2019 flu season. The CDC recently released its annual flu vaccine guidelines, stressing that vaccination should occur before influenza activity begins in the community. One of the big changes to the updated guidelines is that they include a nasal spray version of the vaccine as an option for people for whom it is appropriate. Over the past two flu seasons, the CDC has recommended that FluMist nasal spray not be used, over concerns about its effectiveness. Since it takes about two weeks after getting vaccinated for your body to start developing antibodies that protect you from the flu virus, you should try to get your shot by the end of October. Early vaccination is especially important for children between the ages of 6 months and 8 years, who require two doses reduced by at least four weeks from each other during the first season of vaccination. The previous flu season was the heaviest in 15 years. The 2017-2018 flu season turned out to be particularly bad, after early signs that it could be one of the worst in recent years, according to Bettina Fries, MD, professor of infectious diseases at Stony Brook University Hospital in New York. Influenza season usually starts in the southern hemisphere, says Dr. Fries. Last year, before the flu season began in the US, we knew there were four times as many cases in Australia as the previous year. According to a report published on September 3, 2018 by the World Health Organization, influenza activity remained at a low seasonal level in Australia and New York as of August 19, 2018. The CDC has applied this methodology to measure the severity of flu seasons, and this refers to the 2003-2004 season. Last season was the first of 15 analyzed to be classified as high severity in all age groups. Changes to the CDC Flu Guidelines There have been several key changes for the upcoming flu season, according to new CDC guidelines: Influenza vaccines have been updated to better combat circulating viruses. Depending on the vaccine, they will protect against three (known as trivalent vaccine) or four (known as quadrivalent vaccine) viruses are expected to be most common. The FluMist nasal spray vaccine is the recommended option this season for use in non-pre-hosts between the ages of 2 and 49. There is a measure against the use of FluMist for people with certain comorbidities, such as children between the ages of 2 and 4 who have asthma, and people with weakened immunity (e.g. HIV-infected). But the American Academy of Pediatrics, which has just released its own flu flu guidelines, recommends a shot over nasal spray in children. Individuals with a history of egg allergy of any severity can obtain any license recommended, and age-appropriate flu vaccines, including the nasal spray option. Protect yourself and others from the flu This season the CDC recommends an annual flu vaccine as the best protection against the flu. While vaccines are not reliable, they reduce the risk of infection and the severity of the disease if someone gets the flu. The effectiveness of the flu vaccine varies somewhere between 30 and 50 percent on average, says Fries. Last year, the overall effectiveness of the vaccine was estimated at 40 percent, according to the CDC, meaning it reduced a person's overall risk of having to seek medical attention for the flu by 40 percent. There is irrefutable evidence, even from last year, that the more people we vaccinate, the more we reduce the spread of influenza across our community, says Fries. According to a study published in April 2017 in the journal Pediatrics, vaccination reduced the risk of flu-related deaths by half in children with underlying high-risk diseases, and by nearly two-thirds (65 percent) in healthy children. With a public health perspective, vaccination is not only about protecting the person, but preventing the spread of the virus to others, including children, the elderly and people with weakened immune symptoms. People who are most vulnerable to getting a bad case of flu tend not to make an immune response, says Fries. They rely on everyone else to get vaccinated to keep the viral burden down in society. The flu flight quarantine in NewsThe flu is already making headlines, well before the start of the season gets underway. On Wednesday, September 5, 2018, an Emirates flight from Dubai to New York was quarantined after landing after about 100 passengers and crew became ill with flu-like symptoms. Passengers were checked by CDC officials and 11 people were hospitalized. What is the age range for getting a flu shot? The expert recommendation is that everyone aged 6 months or more, in old age, get a flu vaccine every year. You should get the flu vaccine as soon as you can, before the flu season starts. Flu shot recommendations change over the years, so you can see some changes when you visit your doctor. Recommendations for the upcoming winter season are published in August each year by the Centers for Disease Control and Prevention. Experts have recommended that anyone who has at least six months get a flu vaccine every year as soon as they can and before the flu season begins. One of the changes for 2015-16 is that if there is the vaccine against influenza in real time is not preferred for the vaccine against inactivated influenza. Because the circulating flu virus the flu vaccine has not changed in the last couple of years, there has been another change in recommendations. Although children under the age of 9 (6 months to 8 years) still need two doses of influenza vaccine, if this is the first year that they get vaccinated, the new recommendation clarifies some situations where they may need only one dose, including: children who received at least two doses of trivalent or quadrivalent flu vaccine before July 1, 2015 need only one dose during the 2015-16 season. These doses should not be given during the same or consecutive seasons. The recommendations still clarify the rules for children with egg allergies. It is normal to get a flu shot if your child can eat lightly cooked eggs or only gets hives after eating eggs. You can see the latest recommendations on the CDC website: Preventing and controlling seasonal influenza with vaccines. Verywell/ Cindy Chang In years past, due to shortages and delays, you didn't have much choice when you could get your kids vaccinated. Most parents just tried to vaccinate their children when they could. When there is a ready stock of flu vaccine, you want your child to be vaccinated before the flu season or as early as possible during the flu season. You can get the flu vaccine at any time, but the longer you wait, the greater the risk that your child will catch the flu before he is protected by his flu vaccine. Keep in mind that the typical flu season usually starts in December, peaks in February, and can last until March. Pediatricians have used to start giving the flu vaccine if they have it, by mid-October and hopefully finish vaccinating most of their patients by December. The latest recommendation is that doctors start giving the flu vaccine as soon as it is available. It is clear that all children between the ages of 6 months and 18 years should receive a flu vaccine every year, but this is especially important for high-risk groups, including: children between the ages of 6 and 59 months, women and women who will be pregnant during the flu season (usually from October to March) adults aged 50 years and older children and adults with the most chronic diseases, including asthma, diabetes, neurological and neuromuscular disorders (cerebral palsy, convulsions, muscular dystrophy, etc.), as well as immune system problems for children and adolescents who take aspirin because of the risk of Reye syndrome, which has long-term care contacts and out-of-home caregivers of children younger than 6 months, or in other high-risk groups that provide direct care for patients. that home contact part puts a lot of extra kids in a high-risk group that should get an example if you have and a 10-year-old, they both need to get a flu vaccine. Or if one child in your family has asthma, everyone in your home should get a flu vaccine. The child with asthma is in a high-risk group and all other household contact. Remember that even if your child is not at high risk, he can still get a flu vaccine if you want to just reduce the risk of contracting the flu this year. And with the latest flu vaccination recommendations, experts are now advising flu vaccines for everyone, including healthy adults between the ages of 18 and 49, so basically everyone over the age of 6 months should get a flu vaccine each year. Healthy people between the ages of 2 and 49 and not pregnant - including health care providers (except for those who care for patients with severe immunodeficiency in special wards and caregivers under 6 months) - may be vaccinated with a flu, a nasal spray flu vaccine. People should not receive a flu vaccine if they have had a severe reaction to influenza vaccination in the past; developed Guillain-Barre syndrome within 6 weeks of receiving the influenza vaccine; if they are less than 6 months old; or if they have a moderate or severe illness with fever. People with a severe allergic reaction to the egg, which means that any symptom other than hives should be vaccinated under the supervision of a health care provider. One thing to keep in mind is that although thimerosal has been removed from all regularly recommended childhood vaccines, multi-dose vials of the flu vaccine still contain thimerosal. This is not necessarily a reason not to get your child vaccinated though, especially if he is in a high risk group. The vaccine against influenza without thimerosal is available for the 2015-2016 flu season, Although, according to the CDC, thimerosal use in vaccines and other medical products has a record of being very safe. although we now have a universal recommendation of a flu vaccine, where anyone who is at least six months old should receive a flu vaccine every year, just 11 years ago, in 2001, flu vaccines were only aimed at children and adults in high-risk groups. Continued changes in influenza vaccination recommendations have continued for many years, Including: Encouraging vaccination of healthy children between 6 and 23 months, when possible during the 2002-03 flu season, that vaccinating healthy children between the ages of 6 and 23 months has become an official recommendation for the 2004-05 flu season that vaccination of healthy children aged 24 to 59 months has become an official recommendation for the 2006-07 070 flu season that vaccinating healthy children between the ages of 5 and 18 has become an official recommendation for 2008-09 flu Universal flu vaccination for anyone who has at least 6 months starting with the 2010-11 flu season (adds people between the ages of 19 and 49) Thank you for yours What do you care? Problems?

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