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Flu shot after surgery

Photograph: Justin Sullivan/Getty ImagesThe carving is already in your pharmacy, and your doctor may be pushing it as well, but is it time for a flu shot? The flu season runs from autumn to early spring, and you really want to be ready, but this is one case when the early bird does not get a worm. Or maybe they if the worm is the march flu because their September flu shot has already worn off. According to NPR, science is inconclusive in how long flu shot protection lasts. Some studies show that if the flu strain has not mutated, last year's bullet still protects you; other studies show that your flu shot can't last as long as eight months, especially if you're too 65.An early flu shot is definitely better than a shot at flu at all, but your best bet is to wait until about mid-October. This way, even if your immunity lasts only six months, it will carry you through the peak of the flu season. If you're reading this later than October, though don't worry, late is better than never. And if not yourself, do it for the herd your immunity protects people around you who can't get a flu shot themselves. G/O Media may get commissioned by Nicole Lienemann/EyeEm/Getty Images Flu shot shortages and delays have prompted parents to look for alternatives to the flu shot to protect their children from flu. Even when there is no shortage of flu shots, there will be some parents who just don't want their kids to get a flu shot. And there are others who can't get shot, for example, if they have an allergy to eggs. Fortunately, the abundant supply of the flu vaccine in recent years and even updated guidelines for children with egg allergies have allowed more and more children to get vaccinated and protected from influenza. These tips can help you keep your kids safe from flu if they still can't get a flu shot. One alternative flu shot is to use a nasal spray flu vaccine called FluMist. First approved by the U.S. Food and Drug Administration in 2003, FluMist is a lively attenuated influenza vaccine (LAIV) sprayed into the nose to prevent influenza subtype A viruses and type B viruses. It is approved for use in healthy subjects aged 2 to 49 years and is the most appropriate influenza vaccine for healthy children aged 2 to 8 years. It should not be used in people who have had a severe allergic reaction to any of the components of the vaccine, including egg white, or any influenza vaccine. The most common side effects are runny nose or stuffy nose, sore throat and fever above 100°F. From 2018 flumist Quadrivalent is a preferred influenza vaccine for children. However, in 2013-2016, FluMist is not recommended due to concerns about its effectiveness. FluMist Quadrivalent contains four vaccine virus strains: A/H1N1 strain, A/H3N2 strain and two B strains. Each season, vaccine manufacturers specific strain formula based on global influenza strain models. The 2019 version includes B strains from lines B/Yamagata/16/88 and B/Victoria/2/87. Children who are under 2 years of age or have health problems that prevent them from using FluMist contact their health care provider about less painful options, such as a jet sprayer. The jet injector is a needle-free device that delivers the vaccine through a high-powered concentrated current that can penetrate the skin and reach the bloodstream without the invasiveness of the physical needle. It takes about one tenth of a second and can still cause some pain. However, the price is much higher than the traditional needle and syringe. If your child has difficulty with needles, ask your pediatrician about the use of numbing cream before vaccination. This may not deprive the pain completely, but it should make it more tolerable. You can buy 4 percent lidocaine cream over the counter in many drug stores or online. Apply a nickel-sized amount of lidocaine to the skin through the intended needle poke for about 30 minutes to 60 minutes before injection the area, then gently wrap the area with plastic film to keep it in place. Lidocaine should not be used on injured or unhealthy skin without consulting your doctor or leaving for more than two hours. In addition, influenza vaccines have been The Centers for Disease Control and Prevention recommends using daily hygiene practices to prevent access to influenza, including: avoid contact with people who may be sick with fluwash hands often with soap and water or use alcohol-based hand sanitizers by touching the eyes, nose, and mouth to prevent the spread of germsclean and disinfecting surfaces, including your computer's keyboard, phone, counters, counters, and doorknobs. If you get the flu, the CDC recommends avoiding contact with other people and taking antiviral drugs if prescribed by your doctor. Thank you for your feedback! What are your concerns? Concern?