

September 19, 2016

Prevention and Control of Seasonal Influenza

Actions Requested

- **Begin to provide seasonal influenza vaccination.** Routine annual influenza vaccination of all persons aged ≥ 6 months without contraindications continues to be recommended.
- **Be aware** that the Advisory Committee on Immunization Practices (ACIP) recommends that the nasal spray flu vaccine (FluMist) should **NOT** be used for anyone (children or adults) this 2016-17 flu season.
- **Do not wait for test results to administer appropriate antiviral medication** to patients suspected of having influenza who are at high risk for complications or who are very sick with flu-like illness.
- **Subscribe to the Kitsap Respiratory Illness Report** for updates about flu activity. Please visit www.kitsappublichealth.org/subscribe.

For questions, please contact our Communicable Disease staff at 360-337-5235.

Background

Influenza (flu) can cause severe illness and death, even in healthy people. During the 2015-16 season, Kitsap County experienced 3 influenza-related deaths, including a child. Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older, who do not have contraindications, receive a flu vaccine as soon as the vaccine is available. Getting vaccinated is the best protection against flu. It is important for those at high risk for flu-related complications and their close contacts to receive the flu vaccine. Flu vaccination can reduce flu illnesses and prevent flu-related hospitalizations. Vaccination should also be emphasized for healthcare professionals.

Flu vaccines have been updated for the 2016-2017 season. Inactivated influenza vaccines (IIVs) are available in both trivalent (IIV3) and quadrivalent (IIV4) formulations. Recombinant influenza vaccine (RIV) is available in a trivalent formulation (RIV3). In light of concerns regarding low effectiveness against influenza A(H1N1)pdm09 in the United States during the 2013-14 and 2015-16 seasons, for the 2016-17 season, ACIP makes the interim recommendation that that live attenuated influenza vaccine (LAIV4) should **NOT** be used.

Persons at Risk for Medical Complications Attributable to Severe Influenza:

- Young children (especially children under five years), people 65 years and older, and residents of nursing homes and other long-term care facilities.
- Women who are or will be pregnant during the influenza season.
- Adults and children who have chronic pulmonary (including asthma) or cardiovascular (except isolated hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus), those who are immune suppressed, and those who are extremely obese ($BMI \geq 40$)
- Children and adolescents (aged 6 months-18 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection
- American Indians and Alaskan Natives.

Resources

- CDC Influenza main web page <http://www.cdc.gov/flu/index.htm>
- CDC Flu FAQ <http://www.cdc.gov/flu/about/season/flu-season-2016-2017.htm>
- CDC MMWR <http://dx.doi.org/10.15585/mmwr.rr6505a1>
- WA DOH <http://www.doh.wa.gov/YouandYourFamily/Immunization/DiseasesandVaccines/InfluenzaFluVaccine>

Attachment

- Kitsap Public Health District, Flu Shot Update for 2016-2017 – Patient Information.

Flu Shot Update for 2016-2017

Nasal spray flu vaccine not recommended this year



Getting the flu vaccination is important

Getting an annual flu vaccination 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.

The influenza virus is easily spread from person to person and flu is a very serious illness. Millions of people get sick—and thousands die— from flu illness each and every year. Flu vaccine is the best protection we have and has been used safely and effectively for over 70 years.

Nasal sprays not recommended for 2016-17 flu season

The live attenuated influenza vaccine (LAIV), commonly referred to as nasal spray flu vaccine, is **not recommended** for use for any ages during the 2016-2017 flu season.

Recent studies show that nasal spray vaccine doesn't provide adequate protection against flu disease and illness.

Flu vaccinations are recommended every year

The Centers for Disease Control and Prevention recommends that everyone 6 months of age or older get the flu vaccine every year. Viruses can change every year. Flu vaccine is updated to include protection against the strains of flu believed most likely to make people sick that year.

For more information, visit www.cdc.gov or www.doh.wa.gov



KITSAP PUBLIC
HEALTH DISTRICT

345 6th Street
Suite 300
Bremerton, WA 98337

360-337-5235 t.
360-337-5291 f.