

2011-2012 Influenza Vaccination

The 2011-2012 seasonal influenza vaccine is now arriving at Bryner Clinic. We would like to provide you some basic information on this year's flu vaccine options.

<p>How do I get influenza vaccine at Bryner Clinic?</p>	<p>Call (801) 519-7190 for an appointment, or it can be given during appointments you already have scheduled. You should get the vaccination as soon as it is available. It will provide protection for the entire season no matter when it occurs and will protect you if it comes early. However, we see flu usually in January and February and as late as May, so you should get it anytime it is available until supplies run out.</p>
<p>Can I bring all my children in for influenza vaccine?</p>	<p>Certainly, just be sure that enough time is scheduled for them all.</p>
<p>Can adults get influenza vaccine in the pediatric department?</p>	<p>If you are the parent of one of our pediatric patients and you wish to get the vaccine while they are being vaccinated, that is fine. Just be sure enough time is scheduled for you as well.</p>
<p>Who should get influenza vaccine?</p>	<p>Experts recommend every child and adult over age 6 months be immunized against influenza. It is especially important for adults and older siblings to be vaccinated if they have a child less than 6 months of age in the house during the flu season in order to protect them.</p>
<p>Who is at highest risk of complications from influenza?</p>	<p>Young children and any child with "chronic disease" such as diabetes, asthma, cystic fibrosis, etc. Remember, it's not just getting the flu that we worry about. These groups are more susceptible to getting complications, such as pneumonia, meningitis, encephalitis, and seizures. Complications can make their existing condition much worse.</p>
<p>What vaccines are available?</p>	<p>There are three basic types of vaccine:</p> <ol style="list-style-type: none"> 1) A "live virus" vaccine that is administered as a nasal spray, ideal for those in the age group who are afraid of shots. If they have a chronic disease such as asthma, they are not eligible for this kind of vaccine. 2) An "inactivated" vaccine that comes in multi-dose vials containing a preservative known as thimerosol, which has been found to be safe 3) An "inactivated" vaccine that comes in single dose syringes that has no preservatives, if you prefer
<p>What are the risks of the illnesses caused by the influenza virus?</p>	<p>Influenza complications vary by year depending on the strain of influenza that is present in the community. The strains predicted for this season are the same as last season. This is nice because if your child received one of the 2010-2011 vaccines, they only require one dose of this year's vaccine, not two as many children need the first year they are vaccinated.</p> <p>If they didn't receive the 2010-2011 vaccine and are under 9 years old, they do need two doses to be fully protected. Because of waning antibodies, we need to be vaccinated every year.</p>
<p>What are the risks of influenza vaccine?</p>	<p>The 2010 MMWR (the CDC communication on side effects and complications of illness and medications) reports local side effects or low grade fever as a possible side effect (most common in first time vaccine recipients). In studies on over 30,000 infants under 24 months, and 300,000 children age 2 years to 18 years, the frequency of significant illness was the same in the two weeks before the vaccine and four weeks after.</p> <p>Guillain Barre (GB) is a rare complication of any illness. 10 to 20 patients per million who don't get flu shots get GB each year. It is about 1 per million more common in patients who get flu shots. Patients who have had GB before should</p>

	not get flu shots. The risk of GB is significantly less than the risk of influenza illness.
Why do we do vaccines anyway?	<p>I like this statement from the CDC from 2006:</p> <p>Benefits and risks are associated with using ... any vaccine. No vaccine is completely safe or effective.</p> <p>Benefits of vaccination include:</p> <ol style="list-style-type: none">1. Partial or complete protection against infection for the vaccinated person.2. Overall benefits to society as a whole.3. Protection from symptomatic illness, improved quality of life and productivity, and prevention of death.4. Societal benefits include creation and maintenance of herd immunity against communicable diseases, prevention of disease outbreaks, and reduction in healthcare-related costs. <p>(MMWR Dec 1, 2006)</p>