



To Wilson County Parents:

Influenza, or “the flu,” will quickly approach us this season. The Wilson County Health Council and the pediatricians of Wilson County want to keep you informed of all changes in the recommendations of influenza vaccination.

The CDC’s Advisory Council on Immunization Practices, or ACIP, has added important recommendations to the vaccine schedule this year.

- Previous recommendations were that anyone at risk for serious influenza receives a vaccination yearly. This includes any child less than 5 years of age, any person with **asthma** or **reactive airway disease**, any person with **diabetes**, any person with **heart disease**, any person with certain **blood disorders**, any person with **cerebral palsy** or other **neuromuscular diseases**.
- It has also always been important to vaccinate those who may bring influenza home to an unvaccinated person at risk. This would include any household with infants, elderly, or individuals with a compromised immune system (cancer, HIV, etc.).
- It is now recommended that **ALL children ages 6 months to 18 years** receive vaccination for influenza.

Because the flu virus changes each year your vaccine from last year will not be effective against the flu virus this year. You must receive a new vaccine each year.

Important things to know about the flu vaccine:

- It **DOES NOT CAUSE** the flu. This vaccine, like all vaccines, causes an immune response in the body that is characterized by fever, redness at the injection site, and other minor body aches for a period of 1-2 days after then injection. Again, this is typical of any vaccine, not just the flu vaccine.
- There are two different forms of the flu vaccine.
 - Injection – The standard shot that can be given to most anyone
 - Nasal – This is a spray into the nose that not only spares your child a shot but also mounts a better immune response and better protection against the flu. It can be given to any healthy individual between 2 years and 49 years of age.

We ask that you contact your child’s doctor’s office or the health department to receive more information.

Thank you,