



October: Flu Awareness



New Flu Information for 2016-2017

Getting an annual flu vaccine 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 more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications. This page summarizes information for the 2016-2017 flu season.

What's new this flu season?



- Only injectable flu shots are recommended for use this season.
- Flu vaccines have been updated to better match circulating viruses.
- There will be some new vaccines on the market this season.
- The recommendations for vaccination of people with egg allergies have changed.

What flu vaccines are recommended this season?



This season, only injectable flu vaccines (flu shots) should be used. Some flu shots protect against three flu viruses and some protect against four flu viruses.

Options this season include:

- Standard flu dose shots. Most are given into the muscle (usually with a needle, but one can be given to some people with a jet injector). One is given into the skin.
- A shot made with virus grown in cell culture.
- A shot made using a vaccine production technology that does not require the use of flu virus.
- Live attenuated flu vaccine (LAIV) – or the nasal spray vaccine – is not recommended for use during the 2016-2017 season because of concerns about its effectiveness.

When and how often should I get vaccinated?



- Everyone 6 months and older should get a flu vaccine every year by the end of October, if possible. However, getting vaccinated later is OK.
- Vaccination should continue throughout the flu season, even in January or later. Some children who have received flu vaccine previously and children who have only received one dose in their lifetime, may need two doses of flu vaccine. A health care provider can advise on how many doses a child should get.



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What should I do to protect myself and loved ones from flu this season?

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CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

In addition to getting a seasonal flu vaccine, you can take every day protective actions like:

- Stay away from sick people.
- Wash your hands to reduce the spread of germs.
- If you are sick with flu, stay home from work or school to prevent spreading flu to others.
- In addition, there are prescription medications called antiviral drugs that can be used to treat influenza illness.
- Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine. Because of this, safeguarding them from flu is especially important. If you live with or care for an infant younger than 6 months of age, you should get a flu vaccine to help protect them from flu.
- Also, studies have shown that getting the flu vaccine during pregnancy can protect the baby after birth for several months.

Where can I get a flu vaccine?

Flu vaccines are offered by many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even by some schools. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work.

For More
information,
visit the CDC's
website

Oneida Flu Vaccine Clinics

Oneida Nation Elementary School

Wednesday, October 12th 3pm-5pm

Thursday, October 27th 4pm-6pm

Tuesday, November 15th 10am-12pm

Please bring:

Tribal ID

Insurance Card

Written consent if adult is not on the HIPPA form