

NEW Flu Vaccine information for the 2010-11 Flu Season



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It's flu season again and it is important to prepare yourself and your loved ones to avoid becoming sick. Understanding new flu vaccine information will help your family make safe and healthy decisions regarding the 2010-2011 flu season.

Who should get a flu vaccine this season?

All people 6 months and older are now recommended to receive annual influenza vaccination. This is a new and expanded recommendation. In February, 2010, CDC's Advisory Committee on Immunization Practices (ACIP) voted in favor of "universal" influenza vaccination in the United States to protect as many people as possible against the flu.

Will I have to get two flu vaccines again this season?

Probably not. All flu vaccines being made this season will protect against the three viruses that research indicates are likely to cause illness. Most people will only need one vaccine. There is one exception to the 'one vaccine' rule: children 6 months through 8 years of age who did not get at least one dose of the 2009 H1N1 vaccine or have never received a seasonal flu vaccine need two doses of vaccine, spaced at least 4 weeks apart in order to develop immune protection.

- Children who received flu vaccine for the first time last year but only got 1 dose should also get 2 doses this year.
- This includes children who received one or two doses of the 2009 H1N1 flu vaccine, but who have never received a seasonal flu vaccine.

What viruses will this season's vaccine protect against?

The flu vaccine is updated every year to protect against the three flu viruses that research indicates are most likely to cause illness during the upcoming season. The 2010-2011 flu vaccine is being made in the same way as seasonal vaccines have been made for decades. It will protect against the 2009 H1N1 virus that caused so much illness last season, and two other influenza viruses (an H3N2 virus and an influenza B virus). About 2 weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body.

Even people who got vaccinated with the 2009 H1N1 vaccine or last year's seasonal vaccine need to be vaccinated with the seasonal flu vaccine this year. This is because this season's vaccine provides protection against other influenza viruses that were not in either the seasonal or the 2009 H1N1 vaccine last season. Also, immunity declines over time.

Is a new vaccine available for seniors who are 65 years or older?

Yes. Persons 65 years or older and their health care providers can choose any of the currently licensed inactivated vaccines, including **Fluzone High-Dose**, a new vaccine designed specifically for people 65 years and older. For more information, see *Questions & Answers Fluzone High-Dose Seasonal Influenza Vaccine* at [http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm#hat_fluzone](http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm#what_fluzone)

Are there new groups of people who are considered at higher risk of serious flu complications this season?

Yes. Morbid obesity is a newly recognized medical risk factor for influenza complications based on information from last flu season. Morbid obesity is defined as a Body Mass Index (BMI) greater than or equal to 40. Also, last flu season, American Indians and Alaskan Natives were found to be at greater risk of complications from the flu.

Where can I get a flu vaccine?

Millions of doses of flu vaccines have shipped from private sector manufacturers and should be available in increasing quantities. Manufacturers project that there will be ample supplies of vaccine and that most vaccine will be distributed by November 2010. You can get the flu vaccine from your health care provider, as well as public clinics. For a list of public locations, please visit: <http://www.flu.gov/individualfamily/vaccination/locator>.

For more information about the seriousness of influenza and the benefits of influenza vaccination, talk to your doctor or nurse, visit www.flu.gov, or call CDC at 1-800-CDC-INFO.