

# Make It Your Business To Fight The Flu

Promoting the Seasonal Influenza Vaccine

For Key Facts about the Flu Season Visit:

<http://www.cdc.gov/flu/about/season/flu-season-2016-2017.htm>

<http://www.cdc.gov/flu/protect/keyfacts.htm>

## Frequently Asked Flu Questions 2016-2017 Influenza Season



Language: English

Note: For the 2016-2017 season, CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017. The [2016-2017 influenza vaccination recommendations](#) are now available.

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## 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?

A few things are new this season:

- Only injectable flu shots are recommended for use this season.
- Flu vaccines have been updated.
- There will be some new vaccine options.
- The recommendations for vaccination have changed.

## Key Facts About Seasonal Flu Vaccine



Language: English

**The single best way to protect against the flu is to get vaccinated each year.**

## Flu Vaccination

### Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, [estimates of flu-associated deaths](#) in the United States range from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

