

## September 2023 Newsletter

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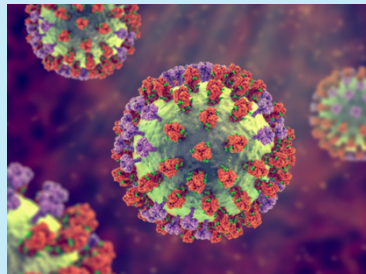
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### Influenza

Although Covid-19 has dominated the news cycle in recent years it is important to remember that Influenza is a prevalent seasonal virus that can be dangerous for infants and children. The CDC estimates that every year between 7,000 and 28,000 children under the age of five are hospitalized due to influenza. In an average year 130 to 1,200 children under the age of 18 die from influenza.

The CDC recommends that children 6 months of age and older get the influenza vaccine. For children under the age of nine who are getting the influenza vaccine for the first time, it is

recommended to get two doses of the influenza vaccine at least four weeks apart.



The CDC recommends getting the influenza vaccine between September and October each year. The most common flu vaccine is an inactive quadrivalent vaccine that is administered as an intramuscular injection. Each year the flu vaccine is updated to target the expected most prevalent strains of influenza. This year's flu vaccine has

changed to include protection from the Victoria H1N1 strain of Influenza A.

Data from previous years shows that even if the flu vaccine is not effective in preventing influenza infection, vaccination still reduced children's risk of severe life-threatening influenza by 75%

Influenza symptoms include body aches, fever, cough, HA, and sore throat. It is recommended that children with these symptoms be evaluated as soon as possible for influenza. Your healthcare provider may recommend the antiviral medication Tamiflu (Oseltamivir) which can also help to reduce disease severity if started within the first 48 hours of symptoms.

#### Sources:

CDC. What are the benefits of flu vaccination? Centers for Disease Control and Prevention. Published 2019. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>

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