



Yelm Family Medicine Patient Newsletter

COMMITTED TO YOUR HEALTH

IN THIS ISSUE

National Influenza Vaccination

National Influenza Vaccination Timing

Flu vaccination coverage estimates from past seasons have shown that few people get vaccinated against influenza after the end of November.

- Last season only about 40% of the US population recommended to get a flu vaccine reported having been vaccinated by the end of November.
- CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine.
- As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against the flu.
- Even if you haven't yet been vaccinated and have

already gotten sick with flu, you can still benefit from vaccination since the flu vaccine protects against three or four different flu viruses (depending on which flu vaccine you get).

Flu Vaccination for People at High Risk

Another goal of NIVW is to communicate the importance of flu vaccination for people who are at high risk of developing serious flu-related complications

- People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people aged 65 years and older.
- For people at high risk, getting the flu can be more serious than for other people. Flu is more likely to lead to hospitalization or death for people at high risk.
- Flu vaccine uptake estimates among adults 50 years and older

We will be close at noon on Sunday December 24th and closed for Christmas On Monday December 25th. We will reopen on Tuesday December 26th.

We will work normal business hours Sunday December 31st and we will be closed Monday January 1st. Tuesday January 2nd we will resume our regular schedule. 9am-9pm Mon-Fri 9am-5pm Sat & Sun



fell by 3 percentage points last year. That means many more adults were left vulnerable to flu and its complications.

- Anyone who gets flu can pass it to someone at high risk of severe illness, including infants younger than 6 months who are too young to get the vaccine.
- A full list of **people who are high risk of developing flu-related complications** available.

Flu

- The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.
- People of every age, including people in good health, are at risk of flu.
- Influenza can cause illness and sometimes severe disease in persons of any age.
- Flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands or tens of thousands of deaths each year in the United States.
- Although a majority of hospitalizations and deaths occur in people 65 years and older, even healthy young children and younger adults can have severe disease or even die from influenza.

- About 100 deaths from influenza among children are reported each year to CDC.

Flu Vaccination

- An annual flu vaccine is the best way to protect against this potentially serious disease.
 - Flu vaccination can reduce flu illnesses, doctor visits, pneumonia, need for antibiotics, missed work and school due to flu, as well as prevent flu-related hospitalizations.
 - Flu vaccination also may make your illness milder if you do get sick.
 - Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
- Despite the unpredictable nature of the flu, you should know:
 - You need the 2016-2017 flu vaccine for optimal protection against the flu this season because:
 - Flu viruses are constantly changing, and this season's vaccines have been updated to protect against the viruses that surveillance data indicate will be most common this flu season, and

- A person's immune protection from vaccine declines over time so annual flu vaccination is needed for the best protection against the flu.
 - It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.
 - While seasonal flu outbreaks can happen as early as October, flu activity is usually highest between December and February, though activity can last as late as May. As long as flu activity is ongoing, it's not too late to get vaccinated, even in January or later.
 - With flu activity increasing and family and friends planning gatherings for the holidays, now is a great time to get a flu vaccine if you haven't been vaccinated yet this season. A flu vaccine can protect you and your loved ones from the flu.
- Find a place near you to get a flu vaccine with the **HealthMap Vaccine Finder**.
- Visit CDC's **Frequently Asked Flu Questions 2016-2017 Flu Season** to find out what's new for the 2016-2017 influenza seasons.