

What's the Deal with Flu Vaccines for 2018-2019 Flu Season?

Why get a flu vaccine?

The seasonal flu vaccine is the best way to protect your children and your family from Influenza and is recommended for all children 6 months or older each year. While the severity of influenza seasons varies, each year thousands of children are hospitalized due to influenza and some children die from the flu. Influenza is highly contagious and the unfortunate reality is that even previously healthy children suffer complications from influenza each year. Having your family vaccinated against influenza is the best way to reduce the risk for your child.

Why do the AAP and TCC Pediatricians and Pediatric Nurse Practitioners recommend the injectable flu vaccine instead of the intranasal vaccine (Flu Mist)?

TCC wants to provide your child with the best evidence based protection against influenza. In past years the intranasal vaccine was shown to provide unreliable protection compared to the injectable vaccine. You might recall this is why FluMist wasn't even offered the past 2 seasons. The manufactures have attempted to improve the efficacy of the vaccine, however the AAP does not believe there is yet enough data to confirm that the intranasal vaccine will work better this season. Until this data is known the AAP recommends using our best proven vaccine – the injectable vaccine – for all children and adolescents.

If the AAP and TCC providers recommends the injectable flu vaccine, why is FluMist available?

The CDC and AAP acknowledge that some patients will refuse to get any injection and risk having no protection against any of the influenza strains. For these individuals FluMist may offer some partial protection against influenza and is a better alternative than having no influenza vaccine at all. Children who are under age 2, or children who have asthma, or are immunocompromised CAN NOT receive Flu Mist.

The providers at TCC know that injections cause a lot of anxiety for children and adults alike, but we strongly encourage you to support your child through any temporary discomfort or anxiety associated with the injectable flu vaccine so that they can have the best proven protection.

For more information about how to support your child with shots : "[How can I help my child with their flu shot?](#)"

For more information about the AAP recommendations:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Issues-Flu-Vaccine-Recommendations-for-2018-2019.aspx>