

# Flu Shot Update for 2016-2017

## *Nasal spray flu vaccine not recommended this year*



### Getting the flu vaccination is important

Getting an annual flu vaccination 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 influenza virus is easily spread from person to person and flu is a very serious illness. Millions of people get sick—and thousands die—from flu illness each and every year. Flu vaccine is the best protection we have and has been used safely and effectively for over 70 years.

### Nasal sprays not recommended for 2016-17 flu season

The live attenuated influenza vaccine (LAIV), commonly referred to as nasal spray flu vaccine, is **not recommended** for use for any ages during the 2016-2017 flu season.

Recent studies show that nasal spray vaccine doesn't provide adequate protection against flu disease and illness.

### Flu vaccinations are recommended every year

The Centers for Disease Control and Prevention recommends that everyone 6 months of age or older get the flu vaccine every year. Viruses can change every year. Flu vaccine is updated to include protection against the strains of flu believed most likely to make people sick that year.

For more information, visit [www.cdc.gov](http://www.cdc.gov) or [www.doh.wa.gov](http://www.doh.wa.gov)



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