How to Avoid the Flu This Year? Get the Flu Shot That’s Right For You

The Asthma Center physicians and staff get flu shots too! In the above picture taken in The Asthma Center’s Woodbury, NJ office, Clinical Supervisor Sandy Richards, RN administers the quadrivalent flu shot to Medical Secretary Michelle Wood! (Courtesy: staffer Shannon Cephas, LPN)

Flu Season 2017 is Here

According to the Centers for Disease Control and Prevention, flu shots are recommended for everyone 6 months and older. The flu vaccine is one of the most important steps you can take to prevent getting the flu. With several different flu vaccines available, here’s a guide to which option is best for you.
Flu FAQ: Not All Flu Shots are Created Equal

- **Four is Better Than Three** *(for everyone under age 65)*

  The Asthma Center highly recommends the *quadrivalent* (4 strain) influenza vaccine for all patients *under the age of 65 years*. The quadrivalent vaccine contains the *four* most common types of the influenza virus versus only three types in the older *trivalent* (3 strain) vaccine and provides the most complete protection for this age group against the flu this winter.

- **Three with Extra Power** *(for everyone age 65 and older)*

  The Asthma Center highly recommends the *high potency trivalent* (3 strain – high potency) influenza vaccine for all patients *65 years and older*. This is the vaccine administered by our practice because it provides the most complete flu protection for this age group. Note that this is superior to the standard trivalent vaccine.

- **Buyer Beware – Not All Flu Shots Are The Same**
Many local pharmacies and other medical facilities have continued to administer the inferior (less expensive) trivalent influenza vaccine when a patient asks for a “flu shot”. Be sure to ask for the quadrivalent formulation or the high potency trivalent.

- What Parents Need to Know

Children are a particularly vulnerable group when it comes to the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone *6 months and older* get the flu shot every flu season.

- What about Nasal Spray Flu Vaccines?

Though it is FDA approved, the CDC is not recommending the FDA approved nasal spray vaccine (FluMist) this year because of concerns about how well it works. For the 2017-2018 flu season, the CDC only recommend injectable flu shots!

- What if My Child is Afraid of Needles?

The Asthma Center physicians and staff have years of experience in providing the best care including vaccines, allergy shots, and allergy skin testing to children of all ages, including those who are
afraid of needles. We know that no two individuals are alike, and we take pride in tailoring and providing personalized care in a safe, comfortable, and compassionate environment.

- Experience & Customized Care

At The Asthma Center, we personalize your experience by choosing the form of the influenza vaccine that is right for you — multiple doses for young children (if necessary), preservative-free for those with preservative sensitivities, high-dose for those over 65 years of age and the quadrivalent vaccine for those not requiring alternative formulations. And, most importantly, we are there for you in the unlikely event you experience an adverse reaction to the vaccine.

Did you know that you should wait for **30 minutes** after administration of any vaccine so that if an immediate severe reaction (**anaphylaxis**) occurs, you can be immediately treated?

- Can You Have a Reaction to the Flu Shot?

  Unlikely, but yes!

At The Asthma Center, our board-certified allergists and highly trained staff are well equipped to handle adverse reactions. All of our physicians and staff are trained to recognize and treat reactions to any vaccine, including the flu shot.

- The Asthma Center Flu Shots are Available for Everyone

The Asthma Center provides flu shots available for **everyone** aged 6 months and older, not just current patients.

  Call now to schedule your flu shot appointment!
For questions regarding flu shots, please email Gaille at gwoodlyn@asthmacenter.com. The health information contained in this article is meant for basic informational purposes only. It is not intended to serve as medical advice, substitute for a doctor’s appointment or to be used for diagnosing or treating a disease.