

Let's Talk about:

Vaccinations



Hi CCS Community!

I hope you are all having a wonderful fall season! November is one of my favorite months, it means cooler weather and cozier winter foods. As we enter flu season, I thought it would be a good idea to review vaccine recommendations according to the Centers for Disease Control and Prevention (CDC). Understanding how vaccines work can be confusing, but they are important to keep you healthy this winter!

How does the flu vaccine work?

The flu vaccine is a way to prevent yourself from getting sick from the *influenza virus*. The vaccine works by helping your body create **antibodies** against the flu virus. Antibodies are like our body's **mini army that fights against the bacteria and viruses** that try to get us sick. By creating antibodies against the flu virus before actually encountering the flu, we prepare our body to fight it in the future.

What are the types of flu vaccines?

There most common types of flu vaccines are the intranasal spray (this is meant for non-pregnant patients ages 2-49) and the quadrivalent vaccine.

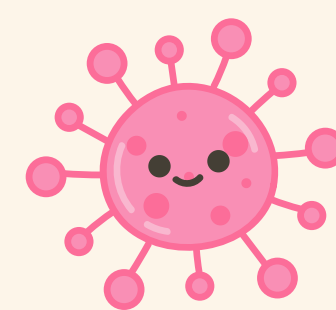
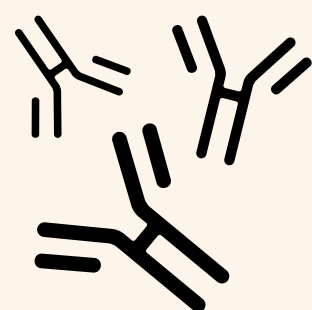
Who needs a flu vaccine?

Almost everyone! The CDC recommends that all people ages 6 months and older should get the flu vaccine yearly. **Even if you got the flu vaccine last year, you should still get the vaccine this year!** This is because the yearly strains of influenza change each year, so last year's vaccine may not cover the same viruses that are prevalent this year. There are a few populations who should not get the flu vaccine, and if you suspect that you should not get it, **please contact your doctor.**

Where do I get a flu vaccine?

To find the nearest location offering the flu vaccine, check out the Vermont Department of Health website. They are typically available at your Primary Care Office and local pharmacies. While you are at the doctor's office, talk to your doctor about receiving the **COVID-19 Vaccine.**

Remember, the benefits of getting the flu vaccine outweigh the risks of not getting it. It is widely recommended by medical professionals, and can reduce the severity of the flu if you get it, reduce risk of hospitalization, and can be lifesaving for children. These benefits have been well described in peer-reviewed medical literature! Stay healthy this winter and let me know if you have any questions!



Disclaimer: This article does not provide medical advice. The information included is for informational purposes only, please contact your physician for any medical advice, concerns, or questions.