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2020-2021 Flu Season

Being healthy this winter is not going to be easy with Covid19 and the flu

By George Gey MD

This year the CDC is recommending Influenza vaccinations for persons older than 65 years who have no contraindications, such as egg allergy and or severe reactions to flu vaccines.

There are new vaccines which are not produced in eggs. They are cell based vaccines.

This could be used in persons who are allergic to egg based vaccines.

The new quadrivalent dead virus vaccine for this winter includes A/Brisbane H1N1, A/Kansas H3N2, B/Colorado, and B/Phuket.

There is a high dose dead virus vaccine also available. This is sometimes recommended for persons older than 65 years. This can be given intramuscularly with an adjuvant which stimulates your white cell response.

You can check with your health care provider which vaccine is right for you.

Remember the flu virus changes with each flu season. Prevention is more important at the end of the flu season. New digital immune-assay and rapid nucleic amplification test can identify viruses. It's a 5-30 minute process. Early diagnosis and treatment can save lives. There are antiviral antibiotics available for treatment for flu viruses.

A web site in your area offers flu information: <http://www.flunearyou.org>

It is important to avoid if possible places where large numbers of people congregate when flu is prevalent. More information is available at CDC.gov. Web site.

There is no Covid19 vaccine available at the present time and this will probably not be ready for public use until it has been tested. Prevention is key to protecting yourself and family.

Remember wear a mask, wash your hands, and keep your social distance at 6 plus feet.

Most large facilities have screening before you enter. Stay home if you have flu like symptoms and call your health care provider especially if you have a fever of 100.4F or above. Keep in mind Covid-19 may not cause any symptoms