

2021-2022 Flu Season and the COVID-19 pandemic

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This year the CDC is recommending Influenza vaccinations and COVID-19 vaccines with booster shots for persons 65+ year-old persons and those with special medical conditions. Individuals who have no contraindications, such as egg allergy and/or severe reactions to flu vaccines should check with their health care providers. For those with egg allergies, there are now cell-based vaccines which are not produced in eggs. All the regular dose vaccines are quadrivalent (includes A/Victoria (H1N1), A/Cambodia (H3N2), B/Washington, and B/Phuket).

According to the CDC the recombinant vaccines for flu give a stronger immune response to A/Wisconsin, A/Cambodia, B/Wisconsin, and B/Phuket. There is now some new variant flu virus's infections in the US populations

There is a nasal spray with four **attenuated live** viruses (a quadrivalent vaccine). The evaluation of the attenuated flu virus vaccine used during the 2017-2018 flu season was only 3% effective in preventing flu illness.

You can check with your health care provider which vaccine is recommended for you. Having a flu shot each year helps to maintain your resistance. Remember the flu virus changes with each flu season. Prevention is even more important at the end of the season.

Wear a mask, wash your hands, use hand sanitizer, and practice social distancing.

More information can be obtained at CDC.gov web site on what illnesses are prevalent around the world.

A web site that offers epidemiological information for your area is: www.Flunearyou.org. It may be important to avoid areas where large numbers of people congregate when flu and COVID-19 are prevalent.

Remember to cover your cough, stay home if you have flu symptoms, and call your health care provider. There are antiviral medications which can treat flu and COVID-19 if taken early. Be a real friend and do not spread the reparatory virsuses, if you are ill.