

INFLUENZA 2026-2027

The flu vaccine will be available/offered at all scheduled visits on the Well Side of the office
starting in late September

The flu vaccine will also be available separately at scheduled “nurse visits” beginning in October.
Please call our office or request an appointment through our patient portal.
See our website for further information

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- Influenza, also known as “the flu”, is caused by a virus that causes many symptoms such as **fever, red eyes, chills, muscle aches, cough, and/or sore throat**. In Buffalo, is usually present from November through April.
- Influenza can be life threatening. Most people who die are older than 65, but **many of those who are hospitalized are younger than 2 years old**. Children who are hospitalized because of the flu usually have high fever, wheezing, croup, or pneumonia. Because influenza is a virus, **it CANNOT be treated with antibiotics unless there is a secondary bacterial infection**.
- We do have vaccines available that can protect against influenza. **The vaccine will only help protect against the influenza virus and not the other many winter viruses.**
- The flu vaccine is recommended for all children and adults, but is **very strongly recommended** for children with long term health problems including:
Heart Disease, Asthma/Recurrent Airway Disease, Metabolic Disorders, Immunocompromised, Lung/Kidney/Liver Disorders, Seizure Disorders, Anemia/Blood Disorders & Neuromuscular Disorders
- The flu vaccine is also **recommended to all children ages 6 months through 5 years old**, to reduce the spread of disease in homes and in our community.
- The **“inactivated” vaccine (injection)** The vaccine is given as a shot and can sometimes cause muscle aches and low-grade fevers.
- The **“attenuated live” vaccine (intranasal)** is thought to be equally protective against the flu virus. It cannot create flu illness, nor can it be spread to others, BUT it can lead to 1-2 days of nasal congestion. This spray version of the vaccine is not indicated if nasal cortisone is used regularly or used on the day of the vaccine. It is also contraindicated in immunocompromised children and children under 2 years old. There is also concern with using the nasal vaccine in patients with asthma.

Contraindications to receiving the influenza vaccine include:

- Have a severe allergy to eggs- *may need to discuss. *
- Having had a serious reaction to influenza vaccine in the past
- History of Guillian-Barre syndrome, or a family history of this.
- Children less than 6 months of age. (We encourage the vaccine for all caretakers & household contacts)
- Fever on the day of proposed administration

It is recommended that children less than 9 years of age, who have never received an influenza vaccine, get **two doses (1 month apart), for the best protection** against the influenza virus.