

## New Flu Information for 2017-2018 (cdc.gov)

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. In 2017, a study in [Pediatrics](#) was the first of its kind to show that flu vaccination also significantly reduced a child's risk of dying from influenza. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women, and people with certain long-term health conditions who are more vulnerable to serious flu complications. This page summarizes information for the 2017-2018 flu season.

### What's new this flu season?

A few things are new this season:

- The recommendation to **not** use the nasal spray flu vaccine (LAIV) was renewed for the 2017-2018 season. Only injectable flu shots are recommended for use again this season.
- Flu vaccines have been updated to better match circulating viruses (the influenza A(H1N1) component was updated).
- Pregnant women may receive any licensed, recommended, and age-appropriate flu vaccine.
- Two new [quadrivalent](https://www.cdc.gov/flu/protect/vaccine/quadrivalent.htm) (four-component) flu vaccines have been licensed: one inactivated influenza vaccine ("Afluria Quadrivalent" IIV) and one recombinant influenza vaccine ("Flublok Quadrivalent" RIV).
- The age recommendation for "Flulaval Quadrivalent" has been changed from 3 years old and older to 6 months and older to be consistent with FDA-approved labeling.
- The trivalent formulation of Afluria is recommended for people 5 years and older (from 9 years and older) in order to match the Food and Drug Administration package insert.

### What flu vaccines are recommended this season?

This season, only injectable flu vaccines (flu shots) are recommended. Some flu shots protect against three flu viruses and some protect against four flu viruses. The 3 major types are:

- [Standard dose flu shots](https://www.cdc.gov/flu/about/qa/flushot.htm). Most are given into the muscle (usually with a needle, but one can be given to some people with a jet injector). One is given [into the skin](https://www.cdc.gov/flu/protect/vaccine/qa_intradermal-vaccine.htm).
- [High-dose shots](https://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm) for older people.

There is a [table\(https://www.cdc.gov/mmwr/volumes/66/rr/rr6602a1.htm#T1\\_down\)](https://www.cdc.gov/mmwr/volumes/66/rr/rr6602a1.htm#T1_down) showing all the flu vaccines that are FDA-approved for use in the United States during the 2017-2018 season.

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Children who need [two doses\(https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a3.htm#Groups\\_Recommended\\_Vaccination\\_Timing\\_Vaccination\)](https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a3.htm#Groups_Recommended_Vaccination_Timing_Vaccination) of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.