

National Influenza Vaccination Week December 6-12

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Experts in pediatrics,
Advocates for children.

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National Influenza Vaccination Week

- Started in 2005 by CDC
- Annual observance in December
- Reminder to get vaccinated for influenza
- Never too late to get vaccinated



Current Influenza vaccine

- Egg based influenza vaccines
 - A/Guangdong-Maonan/SWL1536/2019 (H1N1)pdm09-like virus (updated)
 - A/Hong Kong/2671/2019 (H3N2)-like virus (updated)
 - B/Washington/02/2019 (B/Victoria lineage)-like virus (updated)
 - B/Phuket/3073/2013-like (Yamagata lineage) virus. (Quadrivalent only)
- Cell- or recombinant-based vaccines are recommended to contain:
 - A/Hawaii/70/2019 (H1N1)pdm09-like virus (updated)
 - A/Hong Kong/45/2019 (H3N2)-like virus (updated)
 - B/Washington/02/2019 (B/Victoria lineage)-like virus (updated)
 - B/Phuket/3073/2013-like (Yamagata lineage) virus

What's new with influenza vaccines

Two new vaccines

- Quadrivalent high-dose vaccine licensed for use in adults 65 years and older (Fluzone)
- Quadrivalent adjuvanted vaccine licensed for use in adults 65 years and older (Fluad)

Influenza vaccine can keep you from getting sick!

During 2018-2019 influenza season

- Prevented estimated 4.4 million influenza illnesses
- Prevented 2.3 million influenza- associated medical visits
- Prevented 58,000 influenza- associated hospitalizations
- Prevented 3,500 influenza- associated deaths

Vaccine Effectiveness in Children

- Study *Pediatrics* November 2020
- Tested children 6 months to 17 years
- Study sites across the United States
- 2018-2019 influenza vaccine reduced pediatric influenza A-associated hospitalizations and ED visits by 40% to 60%
- Study revealed influenza vaccine prevented moderate to severe illness in children even when one the vaccine components was not well matched
- Data evidence supporting the annual recommendations that all children 6 months of age and older should receive influenza vaccination

- Campbell, A.P., Ogpkeh, C., Lively, J. Y., et al. (2020). Vaccine effectiveness against pediatric influenza hospitalizations and emergency visits. *Pediatrics*, 146 (5), 1-11.

SYMPTOMS

for

COVID-19, Seasonal Flu, Common Cold and Seasonal Allergies

COVID-19



FEVER OR CHILLS



COUGH



SHORTNESS OF BREATH OR DIFFICULTY BREATHING



FATIGUE AND/OR BODY ACHES



HEADACHE



NEW LOSS OF TASTE OR SMELL



SORE THROAT



CONGESTION OR RUNNY NOSE



NAUSEA, VOMITING OR DIARRHEA

INFO
UPDATED
6/26/20

SEASONAL FLU



FEVER OR FEVERISH/CHILLS



COUGH



MUSCLE OR BODY ACHES



HEADACHE



FATIGUE



RUNNY OR STUFFY NOSE



SORE THROAT

COMMON COLD



SNEEZING



STUFFY NOSE



SORE THROAT



— Mild to moderate —
CHEST DISCOMFORT



COUGH

SEASONAL ALLERGIES



RUNNY NOSE



ITCHY EYES, MOUTH OR SKIN



SNEEZING



STUFFY NOSE



OSF HEALTHCARE

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FLU or COVID-19?

SYMPTOMS OF FLU OR COVID



FEVER
OR CHILLS



SORE THROAT



CONGESTION OR
RUNNY NOSE



HEADACHE



FATIGUE AND/OR
MUSCLE OR
BODY ACHES



COUGH

SYMPTOMS OF COVID



NEW LOSS OF TASTE
OR SMELL



NAUSEA, VOMITING
OR DIARRHEA



SHORTNESS OF
BREATH OR
DIFFICULTY BREATHING

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Recommendation for influenza vaccine

- Everyone 6 months of age and older should get the vaccine
- Children 6 months through 8 years of age need 2 doses the first year given one month apart.

Who should **not** get the flu vaccine

- Infants younger than 6 months old (Pregnant women who get the influenza vaccine help protect babies until they can get vaccinated)
- Those who have had a previous life-threatening allergic reaction to the flu vaccine or its components
- Anyone with a very high fever or who was recently admitted to the hospital at the time of vaccination (Later vaccination may be appropriate)

- Egg Allergy IS NOT a contraindication anymore!

Misconceptions of the Influenza Vaccine

- I will get flu from the vaccine.
 - flu vaccines **cannot** cause flu illness. Flu vaccines given with a needle (i.e., flu shots) are made with either inactivated (killed) viruses, or with only a single protein from the flu virus. The nasal spray vaccine contains live viruses that are attenuated (weakened) so that they will not cause illness.
- It is better to get the flu instead of the vaccine
 - Influenza can be serious, even with otherwise healthy individuals

Misconceptions of the Influenza vaccine

- I got the flu vaccine and still got sick
 - Has a different illness or exposed to another virus not in the vaccine
 - Vaccine not developed immune response yet
 - Can vary in how it works-but even if get flu studies have shown vaccination reduces the severity of influenza vaccine
- Getting the flu vaccine will make me more susceptible on getting other respiratory illness such as COVID19
 - No evidence has been shown the vaccine will increase risk of any other respiratory illnesses including COVID-19

Best protection against influenza is prevention!

Wash your hands, stay home if you are sick, and get your influenza vaccine!



How to locate facility that has flu vaccine available using VaccineFinder

- Visit VaccineFinder.org
- Click “Find Vaccines”
- Click “Select your vaccines”
- Select “Flu Shot” and then click “Add 1 Vaccine”
- Enter your address or zip code
- Click “Search For Vaccine”
- Choose a vaccine provider from the list that appears or choose an option from the map.
- Call ahead to confirm availability and then get your flu vaccine from your chosen provider.
 - <https://vaccinefinder.org/>

Resources

- <https://www.cdc.gov/flu/>
- Be part of NIVW by the following CDC activities:
 - <https://www.cdc.gov/flu/resource-center/nivw/activities.htm#tweetstorm>
 - <https://www.cdc.gov/flu/resource-center/sleeveup/>