



## Maine Immunization Program

- Why is it important to have a flu vaccine every year?
- When does the flu season begin?
- Who should receive a flu vaccine?
- Who should receive 2 doses of the flu vaccine?
- National Influenza Vaccination Week



If you have any questions, please contact the Maine Immunization Program at: Phone (207) 287-3746 or (800) 867-4775.

# What You Should Know for the 2012-2013 Influenza Season



## Why is it important to have a flu vaccine every year?

A flu vaccine is needed every year because flu viruses are constantly changing. It is not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with the flu viruses as they change. Multiple studies conducted over different seasons and across vaccine types and influenza virus stereotypes have shown that the body's immunity to influenza viruses declines over time.

## When does the flu season begin?

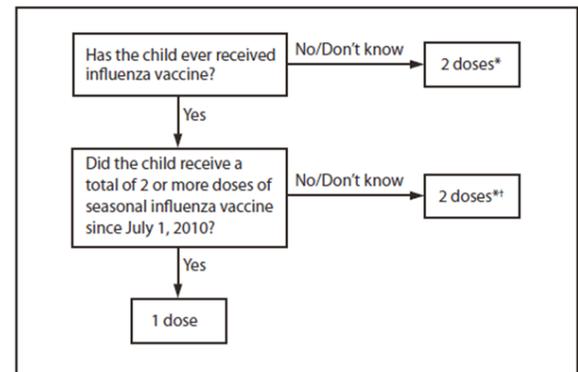
The timing of the flu is unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May. Healthcare providers are encouraged to continue vaccinating patients throughout the flu season to ensure that as many people as possible are protected from the flu.

## Who should receive a flu vaccine?

Routine annual influenza vaccination is recommended for:

- All persons  $\geq$  6 months of age
- High risk people
- Health care workers, and other people who live with or care for high-risk people
- Pregnant women

## Who should receive 2 doses of the flu vaccine?



\* Doses should be administered at least 4 weeks apart.

† A child aged 6 months through 8 years needs only 1 dose of vaccine in 2012-2013 if they have received any of the following:

- 2 or more doses of seasonal influenza vaccine since July 1, 2012
- 2 or more doses of seasonal influenza vaccine before July 1, 2010, and 1 or more doses of monovalent 2009 (H1N1) vaccine; or
- 1 or more doses of seasonal influenza vaccine before July 1, 2010, and 1 or more doses of seasonal influenza vaccine since July 1, 2010. Children for whom one of these conditions is not met require 2 doses in 2012-2013.

## National Influenza Vaccination Week

National Influenza Vaccination Week (NIVW) is December 2-8. NIVW is a national observance that was established to highlight the importance of continuing influenza vaccination, as well as fostering greater use of flu vaccine after the holiday season into January and beyond.

Please visit:

<http://www.cdc.gov/flu/nivw/> for a media toolkit and other resources.

All healthcare providers are encouraged to participate!