

## Time To Get Your Flu Vaccine!

Because immunity can take up to 2 weeks to develop, now is the time to prepare for influenza season by getting vaccinated before influenza begins to widely circulate. Sporadic cases of influenza A and B already have been reported in Los Angeles County (LAC). LAC Department of Public Health continues to recommend an annual flu vaccine for everyone 6 months of age and older, as the first and most important step in protecting against flu viruses. This season's vaccine has changed from last year's formulation and contains the following components:

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Hong Kong/4801/2014 (H3N2)-like virus; **NEW**
- B/Brisbane/60/2008-like virus (B/Victoria lineage); **NEW (Was in quadrivalent, but not trivalent)**
- B/Phuket/3073/2013-like virus (B/Yamagata lineage) (quadrivalent only)

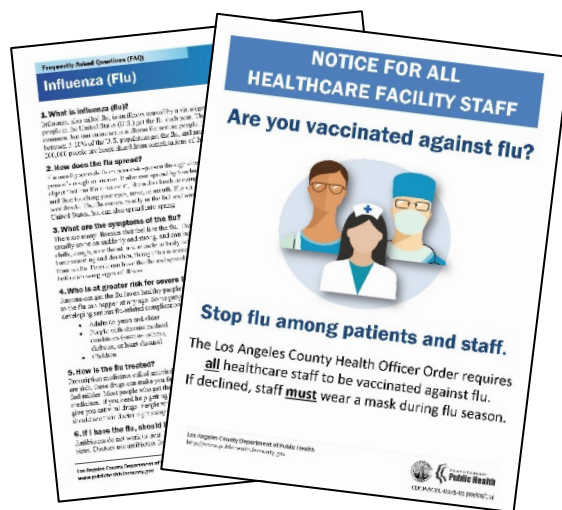
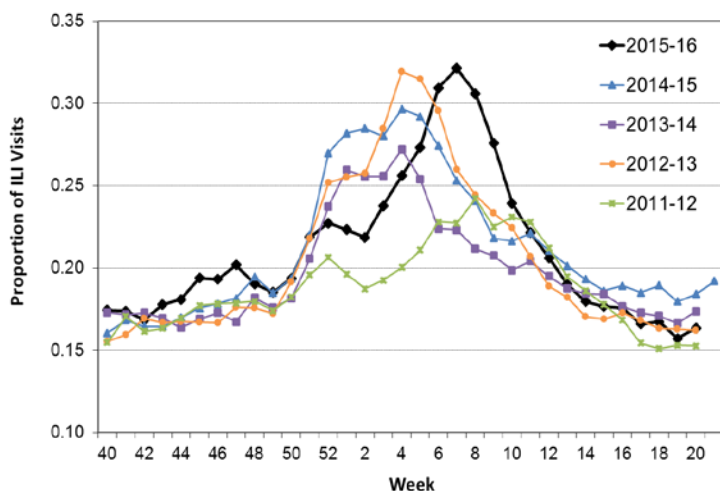
The live attenuated influenza vaccine (LAIV), also known as the "nasal spray vaccine", is not recommended for use during the 2016-17 season because of concerns about its effectiveness<sup>1</sup>. Recommendations for those with an egg allergy have been modified as well. Those who react with only hives can get any influenza vaccine. Providers should still consider observing these patients after vaccination, but the recommended time has decreased from 30 minutes to 15 minutes<sup>2</sup>.

<sup>1</sup>ACIP votes down use of LAIV for 2016-2017 flu season | CDC Online Newsroom | CDC    <sup>2</sup>Prevention and Control of Seasonal Influenza with Vaccines | MMWR

**REMINDER:** The Health Officer Order requiring all healthcare workers receive an annual flu vaccine that went into effect in 2013, applies to this flu season as well as all future flu seasons until the order is rescinded. For additional resources see: [Health Officer Order for Annual Influenza Vaccination Information](#)



**Figure 1. Proportion of Respiratory Illness Emergency Department Visits by Week, LAC, 2011-2016**



For more influenza health education materials see: <http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

### 2015-16 Season Summary

- Last season was moderately severe in LAC. A total of 74 influenza-associated deaths were reported, with the majority of fatalities occurring in the 18-64 years and age group. In addition, 47 respiratory outbreaks (21 confirmed influenza) were confirmed in the county.
- Activity peaked in February, which is later compared to previous seasons where peak activity usually occurs in January (Figure 1). Although Influenza A (H1N1) was the predominant strain, high levels of influenza B circulated concurrently.

For the full 2015-16 LAC Influenza Season Summary see: <http://publichealth.lacounty.gov/acd/docs/Flu/Season15-16/IWSeasonSummary2015-16.pdf>