

Importance of Vaccines

All patients at least 6 months of age who have not received an influenza vaccine this season should get one. However, even in vaccinated patients, those with clinical signs and symptoms should receive prompt antiviral treatment.

High-risk patients include the following:

- children younger than 2 years of age.
- people with chronic pulmonary (**including asthma), cardiovascular (except hypertension alone), renal, hepatic, hematologic (including sickle cell disease), metabolic (including diabetes mellitus), or neurologic and neurodevelopment disorders.
- people with immunosuppression, including that caused by medications (steroids) or by HIV
- people younger than age 19 years who are receiving long-term aspirin therapy (Kawasaki dz)
- morbidly obese people (i.e., body mass index of at least 40- check BMI number no percentile > 18 yo).

The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever, but patient still looks sick.