

Transcript - Seasonal Flu

Dr. Moser and Lt. Governor Colyer Talking about the Flu Shot Oct. 15

Dr. Moser: Dr. Colyer mentioned that this is the time of year when we start to see influenza cases increase. Kansas really begins probably that first week of October and goes on into late spring. As of yet we have not seen any confirmed cases of influenza in Kansas but that's great, that means this is the perfect time to start getting your flu vaccine because it takes at least couple of weeks before you get your full immunity from that vaccination. In addition to the vaccine that's not the only thing that we need to be aware of to decrease the incidents of flu across Kansas. If you are not feeling well, running a low grade fever, you should stay at home. It's much better to stay at home rather than to spread your illness to other particularly someone maybe at work that is more likely to be impacted by flu than someone else, someone who may be on chemotherapy or certain medications or have other illness that may predispose them to more significant consequences of having Influenza including pneumonia. So stay at home if you not feeling well or running a low grade fever. Besides that throughout the winter month it's very important to be mindful of washing your hands frequently any time you are in a crowd or run across large area where people may have touched door knobs, elevator buttons, telephones etc. so frequent hand washing is also very important. We also want to mention the flu vaccination is very effective, we know that it decreases the incidents of the spread of Influenza across populations and also decreases the incidents of pneumonia in the elderly population in those population that receive the flu vaccine. While the flu vaccine itself may not be one of the most effective vaccine as far as having about a 70 percent effectiveness rating, some studies suggesting maybe a little bit more

than previous presented, but no more than about 60 percent, even with that it still gives a great deal of protection against the spread of Influenza across our population. Still highly recommend that you get the flu vaccine every year. Dr. Colyer and I have volunteered that we would get our vaccine today and we appreciate Tim coming over to administer that to us. So that's what we are going to do next.

I have never had a flu vaccine that I thought stung or hurt, the needle was nothing. Even now days you have the intradermal type flu vaccine available as well, so for those who really don't like the needles there are still some other options as well.

Tim (Pharmacist): Left or right arm?

Dr. Moser: Left because that shoulder already hurts from a golfing injury. Occasionally people are concerned that if you take the flu shot you're going to get the flu. That's pretty much impossible because it's made up of inactive viral agents if you would, so there is no live virus in these so there is really no way of getting the flu from that. If you get the low grade aches and muscle pain the good news is your immune system is working and you probably already have some immunity in one of the three flu virus that are a component of that vaccine. That's a good sign, I think.