

Flu in September? Influenza usually peaks in January and February but can occur throughout the year. There are many different strains of influenza. Center for Disease Control (CDC) recommends influenza vaccination for everyone six months and older.

CDC further recommends that the flu vaccine be given as early as the serum is made available to providers and there is no need to have a booster later on in the season.

“It seems early in the season but not too early to take preventative measures,” states Jamey Keen, Public Health Nurse for Southwest Nebraska Public Health Department. “We have the influenza vaccine available in our office to those who are interested. Prevention is key, and getting the flu vaccination is one important measure for prevention.”

Some people should not get vaccinated until they have consulted with their primary healthcare provider and includes:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillian-Barre Syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.
- Children younger than 6 months of age (influenza vaccine is not approved for use in this age group).
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

If you have questions, or are unsure, contact your primary healthcare provider.