THE FLU SEASON COMETH
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The Flu Season Cometh

Currently, world health agencies are focusing on the global challenges of the Ebola virus in West Africa. Even though this is a serious situation, people in the Northern Hemisphere face another health challenge. The flu season is here and now is the right time to get your loved ones vaccinated.

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Holiday Safety Webinar

Sunday, November 23, 2014
2:30 PM EDT

By Arthur Blinci, VP Chief Risk Management Officer at Adventist Risk Management, Inc

SPACE IS LIMITED

Reserve your Webinar Seat Now at: https://www.fuzemeeting.com/webinar/register/1035882

Sleigh bells ring are you listening… It’s the holiday season and like it or not we are entering one of the busiest times of the year. Is your church prepared for the holiday season? Holiday programs often involve the building of backdrops, stage sets, special costumes or just decorating the church. This is an important time of the year to be sure the best safety practices are followed so your congregation can celebrate the season without injury or a tragic accident. As a church safety officer
you can learn special safety practices by joining us for our Church Holiday Safety webinar on November 23nd.

Title: **Holiday Safety**  
Date: **Sunday, November 23, 2014**  
Time: **2:30 PM - 3:30 PM EDT (NOTE THE TIME ZONE)**

**BAD THINGS COME FOR THOSE WHO WAIT.**

Insurance industry statistics show that delays in claim reporting causes difficulty in resolving claims and increases the cost.

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The Flu Season Cometh

Posted by Adventist Risk Management, Inc.

Currently, world health agencies are focusing on the global challenges of the Ebola virus in West Africa. Even though this is a serious situation, people in the Northern Hemisphere face another health challenge. The flu season is here and now is the right time to get your loved ones vaccinated. According to the Centers for Disease Control and Prevention (CDC), the flu vaccine is available starting in October. Following vaccination, it takes about two weeks for antibodies to develop in the body and provide protection against the flu. The sooner you are vaccinated, the better.

Why Vaccinate Against the Flu?
Influenza, more commonly called flu, is a serious disease that can lead to hospitalization and sometimes, even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During a regular flu season, about 90 percent of deaths occur in people 65 years and older.

"Flu season" in the United States can begin as early as October and end as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances of being infected with the seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How Do Flu Vaccines Work?
Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Traditional flu vaccines (called trivalent vaccines) are made to protect against three flu viruses: Influenza A (H1N1) virus, Influenza A (H3N2) virus, and Influenza B virus. In addition, flu vaccines made to protect against four flu viruses are called “quadrivalent” vaccines. These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

Who Should Get Vaccinated First?
Children six months through eight years of age who need two doses of vaccine should receive the first dose as soon as possible to allow time to get the second dose before the start of flu season. The two doses should be given at least 4 weeks apart.

Who Should Not Be Vaccinated?
Different flu vaccines are approved for use in different groups of people. Factors that can determine a person’s suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any relevant allergies, including an egg allergy. Children younger than 6 months are too young to receive a flu vaccine as well as people with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine, which might include gelatin, antibiotics, or other ingredients. See Special Considerations Regarding Egg Allergy for more information about egg allergies and flu vaccine.

Note: There are certain flu shots that have different age indications. For example people younger than 65 years of age should not get the high-dose flu shot and people who are younger than 18 years old or older than 64 years old should not get the intradermal vaccine.

Doctor, Should I Get This Vaccination?
If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your doctor about your allergy.

If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. Talk to your doctor about your GBS history.

If you are not feeling well. Talk to your doctor about your symptoms.

**When Does Flu Season Peak?**
The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

**2014-2015 Flu Season Vaccines**
The 2014-2015 Flu Season has a number of different manufacturers who have produced trivalent (three component) influenza vaccines for the U.S. market, including intramuscular (IM), intradermal, and nasal spray vaccines. Some seasonal flu vaccines will be formulated to protect against four flu viruses (quadrivalent flu vaccines).

**Can the Flu Vaccine Give Me the Flu?**
No, a flu vaccine cannot cause flu illness. Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been ‘inactivated’ and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine).

The nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened), and therefore cannot cause flu illness. The weakened viruses are cold-adapted, which means they are designed to only cause infection at the cooler temperatures found within the nose. The viruses cannot infect the lungs or other areas where warmer temperatures exist.

**What are Possible Side-Effects?**
Although a flu vaccine cannot give you flu illness, different side effects may be associated with getting a flu shot or a nasal spray flu vaccine. These side effects are mild and short-lived, especially when compared to symptoms of bad case of flu.

**The flu shot:** The viruses in the flu shot are dead (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that may occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

**The nasal spray:** The viruses in the nasal spray vaccine are weakened and do not cause severe symptoms often associated with flu illness. In children, side effects from the nasal spray may include:

- Runny nose
- Wheezing
- Headache
- Vomiting
- Muscle aches
- Fever
In adults, side effects from the nasal spray vaccine may include:

- Runny nose
- Headache
- Sore throat
- Cough

If these problems occur, they begin soon after vaccination and are mild and short-lived.

Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions. People who think that they have been injured by the flu shot can file a claim for compensation from the National Vaccine Injury Compensation Program (VICP).

More information about the safety of flu vaccines is available at Influenza Vaccine Safety.

*Note: This article was reviewed and sanctioned by Peter N Landless
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References:
http://www.cdc.gov/flu/protect/keyfacts.htm