KAISER PERMANENTE®

Frequently Asked Questions regarding the FluMist Discontinuation:

Why isn't the FluMist available anymore this flu season?

Studies conducted by the *Center of Disease Control and Prevention (CDC)* found that the Flu Nasal Spray Vaccine-LAIV (FluMist) was ineffective in fighting against the flu virus for all age groups. They have recommended that individuals still get vaccinated with the injectable flu shot. Kaiser Permanente strongly values these recommendations, hence discontinuing the option of FluMist to patients. To provide our patients with the best possible care and protection from the flu, we are only carrying the injectable flu shot vaccine.

Are there injectable flu shots available that are suitable for children?

Yes. Children over the age of six months can get vaccinated with the flu shot. There are several flu vaccines (pertaining to age) available at Kaiser Permanente that are intended for children. Please remember that children are considered high risk patients for the flu virus so it is highly recommended that they get vaccinated.

Will there be enough flu vaccines available this year at Kaiser Permanente Washington?

Yes. Kaiser Permanente has ordered extra flu shot vaccines in regards to discontinuing the FluMist and will be well prepared to get all members vaccinated.

My children and/or I received the FluMist vaccination in the past; do we need to be concerned?

No. Current studies have not linked any side effects to the FluMist but rather its ineffectiveness to fight against the flu virus.

Do I have to get a flu shot if I don't like needles, why is it so important to get vaccinated?

The flu shot can help prevent you from life threatening illnesses linked to the flu. Complications from the flu include fever, cough, pneumonia and sometimes even death. It is important to get revaccinated every year to help your body fight against the flu virus. Kaiser Permanente recommends all of its members to get vaccinated this flu season so everyone can stay healthy and prepared.

For more information about immunizations please visit www.doh.wa.gov or www.cdc.gov.