Flu Vaccine Report

Vaccination is the primary defense against influenza, it reduces hospitalization and any other complication about the disease. Vaccines are expected to be safe and effectiveness. Now vaccines are available to protect people against influence and these vaccines are made like seasonal flu vaccines. Although seasonal flu viruses change year to year, they are related to each other. In this essay I will talk about the origin of vaccines, their effects, how people perceive vaccines and the necessity of having them.

Origin and Regulations

Flu is not a disease to take it light. There are many deaths reported every year. The World Health Organization recommend changes to the flu vaccine in order to match as close as possible the flu vaccine strains. They also recommend to take the vaccine in order to stay healthy.

There are other factors that influence decisions in health policy such as economic and political influence of drug companies. Another factor would be psychological and social impacts. In 2002 – 2003 the flu vaccine was recommended for children an elderly people. By April of that year the Center for Disease Control and Prevention and the American Academy of Pediatrics
recommended he flu vaccine for all children ages 6 to 23 months and caregivers (Fouder 6). In 2004, the flu vaccine will be added to the United States Recommended Childhood and Adolescent Immunization Schedule. In 2003 a report in USA today, recommend that everyone should get the vaccine by fall 2013 but there was not abundance of the vaccine so not everyone was vaccinated. “The flu kills an average of 36,000 people in the US each year and about 20 percent of the population will become infected and 114,000 will be hospitalized” (Pitt 3).

Anyone that wants to protect themselves needs to get the flu vaccine. However, the people that have a higher risk should be provided with the vaccine before. This include pregnant women, children, individuals with chronic conditions, elderly people, medical staff, caregivers, family members who are at high risk of flu complications.

Flu vaccine should not be given to anyone that has severe allergic reaction of any component that the vaccine has. A common myth about the vaccine is that it causes flu. The flu virus that is in the vaccine is already killed so it cannot cause flu, although there are people that report they develop flu. The explanation is that they are experiencing flu like symptoms like mild fever and muscle pain.

Although the flu vaccine is highly effective it is not a 100%. However, the flu vaccine is one of the best defenses against flu and it should be recommended for all the people. The Federal government is providing this vaccine for receipt on a voluntary basis. However, state law or employers may require vaccination for certain persons.

There are people who have taken just one shot of this vaccine, and you must have the vaccine each year. “The formula is unchanged because surveillance predicts that the strains will
be the ones most widely circulating during the upcoming flu season” (Late 2). In contrast, “year to year and companies throw away what they do not sell because a new vaccine must be made each year to deal with changing strains of the virus” (Grady 7). In other words, Grady is saying that year to year the vaccine is being changes so you must have the vaccine each ear. On the other hand, Late writes that there are times when the formula doesn’t change, however, each person needs to take the vaccine each year.

Taking vaccines is for our prevention and having good health. In Late’s article it says that even though the flu vaccine composition is the same as the last one, people need to take the shot this year. The reason is that it may be too low to provide the same protection after a year. Also, the World Health Organization says that annual vaccination is recommended even though the strains are the same as last year and the reason is because the antibodies against the flu viruses decline over the year. In fact, the vaccine takes about two weeks to mount an immune response so people must take the shot before the flu season starts. Nonetheless, it is never too late to take the flu vaccine.

There is a report by the Institute of Medicine that noted 30 years ago, 25 companies made vaccines for United States, now there are only 5. One of the reasons that companies are giving up is because meeting the regulations for quality and safety is difficult to approach. However, the government cannot force companies to make vaccines but they can work with manufacturers.
Side Effects and Safety

There are parents who think that having a vaccine is a good idea, and others that think it is not a good way to prevent their children from diseases. There are researchers about some parents that talk about the flu vaccine. They don’t believe that flu vaccine is as safe or important as other vaccines that children must take. “Fifty-nine percent of parents whose child did not receive the flu vaccine this season say it is less important than other childhood vaccines - compared to only 14 percent of parents whose child got a flu shot” (Today's report from the C.S. Mott Children's Hospital National Poll on Children's Health 2).

Parents expect that a vaccine will prevent their child from getting sick and having the flu vaccine doesn’t guarantee that the child won’t get the flu. This is a good reason why parents think this vaccine is not effective and may lead parents to believe that the flu vaccine doesn’t work. According to the Centers for Disease Control and Prevention there are a lot of children under age of five hospitalized every year because of influenza complications.

Barely half of the parents agree to give the shot to their children “52 percent of parents polled reported that their children has received flu vaccine this season” (Parents Rate Flu Vaccine Less Important, Effective, Safe Than Other Childhood Vaccines says 4). The other 48 percent of parents whose child didn’t get the shot say that this vaccine is not as effective as other and besides that it has more side effects compared to other childhood vaccines. In other words, as the articles says there are 3 in 5 parents of children who have not received the vaccine yet. However, since 2008 it has been recommended that annual flu shots need to be given for all children from 6 months to 18 years. Also, health care providers recommend an annual flu vaccine for all children. “Parents who take their children to get the flu vaccine can rest a little
easier knowing they are helping to protect their family against a potentially serious illness and of course, parents should be vaccinated, too” (Dr. Schuchat 7).

In addition, The Centers for Disease Control and Prevention says that older people should also get the vaccine every year. The best way to prevent flu is getting the vaccine. “The World Health Organization estimates that vaccination of elderly people reduces the risk of serious complications or death by 70% to 85%” (Gaughran 1912). At this high percentage elderly population were advised to get the shot. “In any given year, only about 20 percent of the population will get sick with the flu” (Smith 73). Now on days the flu vaccine is being recommended for women in their second and third trimester when they are pregnant.

Controversially, Health Canada advises that the flu vaccine may cause a lot of weakness and fatigue. It also may cause fever, muscle aches and respiratory problems such as coughs, wheezing, chest tightness, difficulty breathing and sore throats (Smith 73). “It has been admitted, by the CDC and other experts, that the vaccine did not work well in the 2003 – 2004 season because the strain of flu viruses differed from the strain from which the vaccine had been prepared” (Pitt 13).

There are hundreds of millions of Americans that got the flu vaccine safely and didn’t experience any side effect. However, when side effects occur they are generally mild so they can resolve easier when compared to a bad case of flu.

Taking a medication that you don’t need will increase the risks (Baker 6). “Taking the flu medicine without having the virus causes several problems” (Hachey 4). In other words, the medicine will not have an effect and the symptoms may only get worse. “The antiviral medicine does not act like a flu vaccine to prevent the flu. Taking the antiviral medicine before diagnosis
simply depletes the national stockpile available to those actually diagnosed with the H1N1 virus” (Hachey 5).

The US Centers for Disease Control recommends the flu shot only for people that are in risk from complications of the flu and family members close to them. They explain that the shot is a close match of the virus. As a result, the shot can prevent the flu in 70 to 90 percent of healthy people and among the elderly it is 30 to 70 percent.

H1N1 Strains:

H1N1 influenza, also called Swine Flu is caused by an influenza virus. It is in many countries and it spread from person to person by coughing, sneezing, and touching. The symptoms H1N1 may cause are fatigue, fever, sore throat, diarrhea and vomiting in some cases. Some people can feel better in a week but there are cases in which a serious illness can come until people get hospitalized and even some die.

Military doctors will send the diagnosis to the Centers for Disease Control and Prevention in Atlanta to confirm it, and it that meantime they will take precautions and prescribe a treatment, but they will not prescribe antiviral drugs unless they suspect the H1N1 virus. Besides, military doctors are reporting that H1N1 virus is a mild disease, so staying at home will be a very effective treatment. “The most critical preventive measure is washing your hands and covering your mouth when you cough” (Baker 17), so it will be the same as any flu.

On the other hand, there are reports that indicate H3N2 is causing a lot of hospitalizations specially to children under 2 years old, people over 65 and people with respiratory problems. “This year’s flu vaccine did not include all of the strains of the flu, and subsequently, more
people throughout the country are getting sick” (Brian Rach 2). Medical professionals say it is still important to get vaccinated. “The flu vaccine can still provide a type of cross protection from the strains that are in the vaccine, and she has noted less severe cases of flu in those who got the vaccine, and getting vaccinated is still highly recommended” (Brian Rach 8).

**Conclusion**

In conclusion, vaccines are important and they can avoid seriousness illness. However, there are parents who think they don’t really are important cause the effectiveness of the flu vaccine is not as well as others. They also say that is not required. Besides, the flu vaccine comes with a lot of side effects and people want to avoid them. An interesting point is that although there are people who say the flu vaccine is not important, they still say is necessary to take the flu vaccine every year.
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