So here it is, we are about to enter the flu season. I'm always fascinated to see how the public's response to treatment and preventative options for this potentially fatal phenomenon. Some demonize the government and have a paranoid attitude against the vaccination industry. Others simply state, "I never had the flu so why do I need a flu shot"? One of the most common refrains I hear is, "I got the flu shot and It gave me the flu." That I need to clarify. You do not get influenza from the standard influenza vaccines, particularly the inactivated variety, and not even the live attenuated influenza vaccine which is designed to only cause infection at the cooler temperatures found within the nose.

The attenuated virus cannot infect the lungs or other areas where warmer temperatures exist. It takes two weeks for the antibodies to increase so if you get the flu shot you are susceptible until the antibodies response completes the immune protective response. And finally the strain may not be susceptible to that particular vaccine. And many people may get a common cold and call it the flu. The vaccine does not protect against the cold and influenza is a different illness.

The CDC estimates that flu related hospitalizations ranged from 140,000 to 710,000, while influenza deaths or estimated to have ranged from 12,000 to 56,000. Generally, in the United States population Influenza could begin as early as October and last as late as May. Annual flu vaccines are the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through the community.

So let's distinguish between a common cold and influenza. A common cold first signs include scratchy or sore throat or discomfort in the nose, sneezing runny nose, and feeling mildly ill. Fever is not common but a mild fever may occur at the beginning. Slight body aches or mild headache, cough, generally feeling unwell.

**When to see a doctor**

**For adults**

1. Fever greater than 101.3 degrees Fahrenheit or 38.5°C.
2. Fever lasting five days or more or returning after a fever-free period.
3. Shortness of breath
4. Wheezing
5. Severe sore throat, headaches or sinus pain.
For children

In general your child doesn't need to see the doctor for a common cold but seek medical attention right away if your child has any of the following:

1. Fever of 100.4°F that is 38°C in newborns up to 12 weeks
2. Rising fever and/or fever lasting more than two days in a child of any age.
3. Symptoms that worsen or fail to improve.
4. Severe symptoms, such as headache or cough or wheezing.
5. Ear pain, extreme fussiness, unusual drowsiness, And lack of appetite.

Of course follow up and get specific instructions from your pediatrician and healthcare providers.

For more available information

Please check out

CDC influenza website

Here at the legitimate practitioner once again we bring you the facts and hope you choose the best choices for you and your loved ones.