

## **New flu vaccine options aim to increase coverage, accessibility**

Written by Holyoke Enterprise

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Coloradans wanting to protect themselves from seasonal influenza will have several new vaccine options for the 2013-14 flu season. New this year are quadrivalent shots and nasal sprays offering protection against four flu virus strains rather than the usual three.

Also, a new vaccine is available for people with severe allergies to eggs, which are used in traditional flu vaccination production. For people afraid of shots, there now is an intradermal vaccine that goes only into the skin (rather than the muscle) with a small, thin needle.

The Centers for Disease Control & Prevention recommends everyone over the age of 6 months receive a flu vaccine. Children age 6 months through 8 years who have never received a seasonal flu vaccine are recommended to get two doses of the vaccine spaced at least four weeks apart.

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Holyoke Enterprise September 26, 2013