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## CDC Releases Updated 2014-2015 Influenza Recommendations

Nearly 60 percent of the flu cases reported to the Centers for Disease Control and Prevention last flu season were people between 18 and 64 – proving that even the healthiest can come down with the flu. The CDC's 2014-2015 influenza recommendations <http://www.cdc.gov/flu/about/season/index.htm> are similar to last year's, but there are a few updates.

If it's available, children between ages 2 and 8 should get the live attenuated influenza vaccine, <http://www.cdc.gov/flu/about/qa/nasalspray.htm> commonly known instead of the flu shot, the CDC said. The nasal spray flu vaccine includes four influenza virus strains, and according to CDC is the best protection for this age group for the 2014-2015 flu season.

Because it is a live vaccine, the nasal spray is not recommended for pregnant women and is only approved for people up to age 49.

The CDC recommends those over age 65 be administered a high-dose flu shot, [http://www.cdc.gov/flu/protect/vaccine/qa\\_fluzone.htm](http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm) which gives stronger immune response and greater protection against the flu. It also recommends that those over 65 be given a two-dose series of pneumococcal vaccines – the new pneumococcal conjugate vaccine, followed by the traditional pneumococcal polysaccharide vaccine about six months later.

Click here <http://www.njha.com/quality-patient-safety/preparing-for-influenza/> for more flu-fighting tools and resources from NJHA.

## National Strategy to Address Antibiotic Resistance Released

As part of an increased federal focus on the rising problem of antibiotic resistance, the White House recently released its [\*National Strategy for Combatting Antibiotic-Resistant Bacteria\*](#).

In addition, the President's Council of Advisers on Science and Technology released [\*Combatting Antibiotic Resistance\*](#), a five-year plan to prevent and contain outbreaks and develop the next generation of tests, antibiotics and vaccines.

There are three main components to the report: improve surveillance of antibiotic-resistant bacteria and stop outbreaks; increase the life of current antibiotics and develop new ones, as well as promote research accelerating clinical trials; and increase economic incentives to develop new antibiotics.

## **Save the Date**

Please note: While the information below is a list of planned programs for 2014, at this time not all programs can be accessed online for registration.

Sept. 29	Geriatric Emergency Department Guidelines
Oct. 14	Webinar: <a href="#">2014 Fall Prevention Update</a>
Oct. 21	Improving Surgical Safety and Patient Outcomes
Nov. 10	Statewide Perinatal Safety Collaborative – Fall Learning Session
Nov. 11	A Call to Action: Advance Care Planning Provider Summit
Nov. 19	2015 Joint Commission Hospital Accreditation Update
Nov. 20	Patient and Family Engagement across the Continuum and Across Cultures in N.J.
Dec. 1	Honoring our Military: Caring for Those Who Have Served

[Click here to register.](#)

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