

Influenza-flu vaccine and covid19. Fifteen questions.

Juan Gervas, retired rural general practitioner, Equipo CESCA, Madrid. Member of NoGracias.
jjgervas@gmail.com [@JuanGervas](https://www.instagram.com/JuanGervas)

1.- QUESTION: Is there reasonable evidence to support the vaccination of healthcare workers to prevent influenza in those aged 60 years or older resident in long-term care institutions?

ANSWER: No. There is not evidence to support this vaccination.
https://www.cochrane.org/CD005187/ARI_influenza-vaccination-healthcare-workers-who-care-people-aged-60-or-older-living-long-term-care

2.- QUESTION: Does the flu vaccine decrease human-to-human transmission, for example from healthcare professionals to patients?

ANSWER: No. There is no evidence to support the ethical implementation of enforced health care workers [#influenza](https://twitter.com/influenza) vaccination
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0163586>

3.- QUESTION: Do health professionals have the same risk of getting the flu as workers in other areas of the same age?

ANSWER: Yes. Health professionals have the same risk of getting the flu influenza as workers in other areas of the same age
<https://www.cambridge.org/core/journals/infection-control-and-hospital-epidemiology/article/are-healthcare-personnel-at-higher-risk-of-seasonal-influenza-than-other-working-adults/83B5DC59182EECE133BBE1BC2697DED6>

4.-QUESTION: Has flu influenza vaccination a herd effect and protect contacts of vaccinated persons from influenza virus infection?

ANSWER: No. Flu influenza vaccination does not have a herd effect and no protect contacts of vaccinated persons.
<https://www.eurosurveillance.org/content/10.2807/1560-7917.ES.2016.21.42.30378>

5.- QUESTION: Is the influenza vaccine effective in decreasing infection, hospitalization, pneumonia, and mortality in healthy children, adults and seniors?

ANSWER: No. There is little evidence on prevention of complications, transmission, or time off work.

<https://community.cochrane.org/news/why-have-three-long-running-cochrane-reviews-influenza-vaccines-been-stabilised>

<https://www.cochranelibrary.com/es/collections/doi/10.1002/14651858.SC000006/full/es?cookiesEnabled>

[https://www.bmj.com/content/346/bmj.f3037.full?](https://www.bmj.com/content/346/bmj.f3037.full?fbclid=IwAR0U4DeD_RWGB4NUfLGMFkEm1tIFyLoAISHkO_HnUEX8a_waNhAe9CJCqZ0)

[fbclid=IwAR0U4DeD_RWGB4NUfLGMFkEm1tIFyLoAISHkO_HnUEX8a_waNhAe9CJCqZ0](https://www.bmj.com/content/346/bmj.f3037.full?fbclid=IwAR0U4DeD_RWGB4NUfLGMFkEm1tIFyLoAISHkO_HnUEX8a_waNhAe9CJCqZ0)

<https://www.cochrane.org/news/featured-review-three-updated-cochrane-reviews-assessing-effectiveness-influenza-vaccines>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6677258/>

<https://www.acpjournals.org/doi/10.7326/M19-3075>

<https://pubmed.ncbi.nlm.nih.gov/7661497/>

6.- QUESTION: In the midst of a COVID19 pandemic, getting a flu vaccine shot has never been more important, isn't it?

ANSWER: No. Even during the “peak” of seasonal winter flu most of the hospitalizations are not due to the influenza virus, but to the set of other respiratory viruses (rhinovirus, syncytial virus, coronavirus and others <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4281811/>

7.- QUESTION: Does influenza flu vaccine protect against other respiratory viruses?

ANSWER: No. In fact it might increase other respiratory viruses diseases.

[https://academic.oup.com/cid/article/54/12/1778/455098?](https://academic.oup.com/cid/article/54/12/1778/455098?fbclid=IwAR1SaY6xmXd9ZR3M2F6MZZtUpH2yEyPaZc9HcdGtJ1xB_rNX5fnhdXuDwxs)

[fbclid=IwAR1SaY6xmXd9ZR3M2F6MZZtUpH2yEyPaZc9HcdGtJ1xB_rNX5fnhdXuDwxs](https://academic.oup.com/cid/article/54/12/1778/455098?fbclid=IwAR1SaY6xmXd9ZR3M2F6MZZtUpH2yEyPaZc9HcdGtJ1xB_rNX5fnhdXuDwxs)

https://academic.oup.com/jid/article/212/11/1701/2911893?fbclid=IwAR0CeeSUC_Ci-H6ziiibtOvHZPuCvgAkvmZsg8DzRXo0Jm8KFE9-Y2j7C8

[https://www.sciencedirect.com/science/article/pii/S0264410X19313647?](https://www.sciencedirect.com/science/article/pii/S0264410X19313647?fbclid=IwAR1dhMn_DBJGKUUSvYTRp-EY90ynAABRhhkqOC7bc7-SqcQucJtzp8PpZU4I)

[fbclid=IwAR1dhMn_DBJGKUUSvYTRp-EY90ynAABRhhkqOC7bc7-SqcQucJtzp8PpZU4I](https://www.sciencedirect.com/science/article/pii/S0264410X19313647?fbclid=IwAR1dhMn_DBJGKUUSvYTRp-EY90ynAABRhhkqOC7bc7-SqcQucJtzp8PpZU4I)

<https://www.nature.com/articles/s41577-020-0285-6>

8.- QUESTION: People who are vaccinated against flu who get the flu, shed more flu influenza viruses?

ANSWER: Yes. The flu vaccination is associated with the production of aerosols with the flu virus in the air that is exhaled. The flu-vaccinated person who has the flu exhales 6.3 times the number of flu virus particles than the unvaccinated person.

<https://www.pnas.org/content/pnas/early/2018/01/17/1716561115.full.pdf>

9.- QUESTION: How long last flu influenza vaccine?

ANSWER: Its effect lasts a little over two-three months. That is why it must be renewed every year, regardless of whether the viruses change depending on the season. For example, "For 2014-15, the licensed vaccine will contain the SAME viral strains as the previous 2013-14 vaccine"

<https://www.sciencemag.org/news/2019/04/how-long-do-vaccines-last-surprising-answers-may-help-protect-people-longer>

<https://www.cdc.gov/mmwr/preview/mmwrhtml>

10.- QUESTION: How is measured influenza vaccine effectiveness?

ANSWER: Flu influenza vaccine effectiveness is measured by preventing outpatient medical visits due to laboratory-confirmed influenza (neither mortality, nor complications).

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6907a1.htm>

11.- QUESTION: How many influenza-flu cases avoid the flu vaccine?

ANSWER: Out of every 100 healthy persons vaccinated, 99 get no benefit against laboratory confirmed influenza. This decrease, moreover, does not reduce the frequency of "flu-like cases" of acute respiratory infection since it seems that the other germs occupy the "empty niche" of the flu itself.

<https://theconversation.com/the-flu-vaccine-is-being-oversold-its-not-that-effective-97688>

<https://academic.oup.com/jid/article/216/4/415/3958807>

12.- QUESTION: If we get vaccinated against the flu, will there be less overload in the emergency room, and health centres?

ANSWER: No. Every year millions of citizens are vaccinated, and the demand for health grows and grows during the seasonal winter flu season

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5635331/>

13.- QUESTION: By vaccinating against the flu we will avoid confusing the pictures of flu with those of COVID19”, right?

ANSWER: No. There are not symptoms or signs than can accurately diagnose covid19. In clinical practice the “flu-like symptoms” caused by the germs of acute upper respiratory infections are often indistinguishable. For example, “sentinel” doctors, specially trained to diagnose influenza, are wrong in about half of the suspected “flu-like” cases. Even during the “peak” of seasonal winter flu most of the hospitalizations are not due to the influenza virus, but to the set of other respiratory viruses (rhinovirus, syncytial virus, coronavirus and others).

<https://www.cochrane.org/news/featured-review-can-symptoms-and-medical-examination-accurately-diagnose-covid-19-disease>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4514250/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4281811/>

14.- QUESTION: Are we expecting more cases of flu-influenza and common cold this winter in the north of the equator?

ANSWER: No, we are expecting less cases as [hand washing] mask wearing and social distancing for COVID19 may have cut influenza-flu and common cold cases south of the equator.

https://www.argentina.gob.ar/sites/default/files/biv_504_se_28.pdf

[https://www1.health.gov.au/internet/main/publishing.nsf/Content/cda-surveil-ozflu-flucurr.htm/\\$File/flu-10-2020.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/Content/cda-surveil-ozflu-flucurr.htm/$File/flu-10-2020.pdf)

<https://www.scientificamerican.com/article/flu-season-never-came-to-the-southern-hemisphere/>

15.- QUESTION: Do flu-influenza scientists and experts frequently have conflicts of interest?

ANSWER: Yes. Scientists and experts have very frequently conflicts of interest such as those of the

“European Scientific Working group on Influenza” (ESWI) sponsored by the very industries that produce the influenza vaccine, or as the never declared conflicts of the experts who advised the World Health Organization on the influenza A (H1N1) pandemic.

<https://www.bmj.com/content/333/7574/912>

<https://eswi.org/>

Abstract

The flu vaccine is a failed vaccine, useless at best, that discredits vaccines in general. The situation created by the #COVID19 pandemic does not change the recommendation not to use it.

<https://www.actasanitaria.com/influenza-flu-vaccine-in-times-of-covid19/>