Flu Shot Estimated Only 20% Effective Again, and New Study Shows Effectiveness Diminishes Quickly

This fall's flu vaccine is estimated to be 20 percent effective for the dominant circulating strain of influenza A, which is the same efficacy as shots given the past two years.

> *A new study of 6,610 human flu sequences predicts that this fall's flu vaccine will likely have the same reduced efficacy against the dominant circulating strain of influenza A as the vaccine given in 2016 and 2017 due to viral mutations related to vaccine production in eggs." – Science Daily*

Rice University researchers predicted the efficacy using a method called pEpitope, which is a fast and inexpensive way of estimating the effectiveness of a flu vaccine. The latest pEpitope study indicates that the pEpitope method is more accurate than the standard ferret tests.

> *The vaccine has been changed for 2018-19, but unfortunately it still contains two critical mutations that arise from the egg-based vaccine production process. Our study found that these same mutations halved the efficacy of flu vaccines in the past two seasons, and we expect they will lower the efficacy of the next vaccine in a similar manner." – John W. Cox, Rice University, Professor in Biochemical and Genetic Engineering*

Another study shows flu vaccine effectiveness wanes over time. The risk of getting the flu climbs about 16% every 28 days after getting vaccinated.

> *That means many people could be less protected during the height of flu season if they get vaccinated at the beginning of September.” – Center for Infectious Disease Research and Policy*

We’re wondering if they will start recommending multiple flu shots per flu season soon.

Recommended:

- *How To Heal Your Gut*
- *How To Detoxify and Heal From Vaccinations – For Adults and Children*
- *Flu Shot Effectiveness Lessons After 28 Days*
- Doctors Against Vaccines – Hear From Those Who Have Done the Research
- Influenza Vaccine – A Comprehensive Overview of the Potential Dangers and Effectiveness of the Flu Shot (2014)