

Flu shots have a good safety record and do not cause flu.

FACT: The side effects of flu shots are mild when compared to potentially serious consequences of flu infection.

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. The high dose and adjuvanted flu vaccines may result in more of the mild side effects.

Long-term medical conditions can also put you at high risk of serious flu complications.

FACT: Flu can make long-term health problems worse, even if they are well managed.

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common long-term medical conditions that place people at high risk of developing serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu shot every year.

FACT: There are prescription drugs that can treat influenza virus infections. People 65 years and older should be treated with influenza antiviral drugs if they get sick with flu.

If you have flu symptoms--even if you had a flu shot--call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at high risk of developing serious flu complications, like people 65 years and older.



Take control of your health and fight flu this season with an annual flu vaccine.

**For more information about the flu or the vaccine,
call 1-800-CDC-INFO or visit <http://www.cdc.gov/flu/>.**

Make a Strong Flu Vaccine Recommendation

FIGHT FLU



Information for Health Care Professionals

CDC recommends everyone 6 months and older get an influenza (flu) vaccine every year. Vaccination is especially important for people 65 years and older because they are at high risk of developing serious complications from flu.

Your Vaccine Recommendation is Critical

As a health care professional (HCP), your strong recommendation is a critical factor in whether your patients get a flu vaccine. Research indicates that most adults are likely to get their flu vaccine if their doctor or health care professional recommends it to them. Most adults believe vaccines are important, but they need a reminder from you to get vaccinated

Adults 65 and Older Need a Flu Vaccine

People 65 years and older are at high risk of serious, flu-related complications because their immune systems become weaker with age. In addition, patients who have an underlying medical condition such as diabetes or heart disease have an additional factor putting them at greater risk of serious complications from influenza.



When to Vaccinate

- CDC recommends that vaccination should be offered in September or October. However, vaccination should continue throughout flu season as long as flu viruses are circulating, even into January or later.
- If you do not offer vaccine at your facility, make a flu vaccine referral, and then follow up with each patient during subsequent appointments to ensure they got vaccinated. If the patient remains unvaccinated, repeat the recommendation/referral and try to identify and address any questions or concerns.

How to Make a Strong Flu Vaccine Recommendation

Based on years of research into vaccine motivators, CDC has developed a mnemonic device to help HCPs make a strong vaccine recommendation. This method known as “SHARE” can help you to make a strong vaccine recommendation and provide important information to help patients make informed decisions about vaccinations.

S- SHARE the reasons why an influenza vaccine is right for the patient given his or her age, health status, lifestyle, occupation, or other risk factors. CDC recommends annual vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine with no preference expressed for one vaccine over another.

“You are older than 65 years and that puts you at high risk of being hospitalized or dying from flu. By getting vaccinated today, you’ll be protecting yourself and other people around you who may be more vulnerable to serious flu illness, like your grandchildren.”



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

H- HIGHLIGHT positive experiences with influenza vaccines (personal or in your practice), as appropriate, to reinforce the benefits and strengthen confidence in flu vaccination.

“The CDC recommends that everyone get a flu vaccine each year. I always get one myself so I don’t pass along flu to my patients and my family members.”

A- ADDRESS patients’ questions and any concerns about influenza vaccines, including for example, side effects, safety, and vaccine effectiveness in plain and understandable language.

“A flu vaccine cannot cause flu infection. The most common side effects of an influenza vaccine are mild, like redness, swelling, soreness, or low-grade fever for a flu shot. This should go away within a few days.”

R- REMIND patients that influenza vaccines protect them and their loved ones from serious flu illness and flu-related complications.

“Flu activity is going to start to pick up, and CDC says to expect more cases in the coming months. That is why I want to make sure I help protect you and your loved ones.”

E- EXPLAIN the potential costs of getting flu, including serious health effects, time lost (such as missing work or family obligations).

“It’s important to get vaccinated this season because flu vaccination can reduce potential flu illnesses, doctor visits, and missed work and school due to flu.”

Types of Vaccines Available for Adults 65 and older

For the 2020-2021 flu season, providers may choose to administer any licensed, age-appropriate flu vaccine -- inactivated influenza vaccine (IIV3 or IIV4) or recombinant influenza vaccine (RIV4):

Vaccine type	Vaccine description	Recommended for*
Quadrivalent (4-component) Inactivated Influenza Vaccine (IIV4)	Injectable inactivated vaccine containing the influenza A(H1N1), (H3N2) and two influenza B lineage viruses predicted to be most common	People 6 months and older
Quadrivalent Cell Culture-Based Inactivated Influenza Vaccine (ccIIV4)	Injectable inactivated influenza vaccine manufactured using cell culture rather than eggs, containing the influenza A(H1N1), (H3N2) and two influenza B lineage viruses predicted to be most common	People 4 years and older
Quadrivalent Recombinant Influenza Vaccine (RIV4)	Injectable influenza vaccine produced without the use of influenza viruses or eggs; Contains the influenza A(H1N1), (H3N2) and two influenza B lineage viruses predicted to be most common	Adults 18 years and older
Trivalent and Quadrivalent Adjuvanted Inactivated Influenza Vaccine (aIIV3 and aIIV4)	Injectable inactivated influenza vaccine containing MF59 adjuvant, designed to help promote a stronger immune response in older adults; Contains the influenza A(H1N1), (H3N2) and one or two influenza B viruses predicted to be most common	Adults 65 years and older
Quadrivalent High-Dose Inactivated Influenza Vaccine (HD-IIV4)	Injectable inactivated influenza vaccine containing MF59 adjuvant, designed to help promote a stronger immune response in older adults; Contains the influenza A(H1N1), (H3N2) and two influenza B viruses predicted to be most common	Adults 65 years and older

*Licensed ages vary for different brands; consult package insert for appropriate ages for specific vaccines

For more information, visit: www.cdc.gov/flu
or call 1-800-CDC-INFO

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R- REMIND patients that influenza vaccines protect them and their loved ones from serious flu illness and flu-related complications.

“Flu activity is going to start to pick up, and CDC says to expect more cases in the coming months. That is why I want to make sure I help protect you and your loved ones.”

E- EXPLAIN the potential costs of getting the flu, including serious health effects and time lost (such as missing work or family obligations).

“It’s important to get vaccinated this season because flu vaccination can reduce potential flu illnesses, doctor visits, and missed work and school due to flu.”

Types of Vaccines Available

For the 2020-2021 flu season, providers may choose to administer any licensed, age-appropriate flu vaccine — inactivated influenza vaccine (IIV3 or IIV4), recombinant influenza vaccine (RIV4) or live attenuated influenza vaccine (LAIV4):

Vaccine type	Vaccine description	Recommended for*
Quadrivalent (4-component) Inactivated Influenza Vaccine (IIV4)	Injectable inactivated vaccine containing the influenza A(H1N1), (H3N2) and two influenza B lineage viruses predicted to be most common	People 6 months and older
Live Attenuated Influenza Vaccine (LAIV)	Intranasal live attenuated vaccine containing the influenza A(H1N1), (H3N2) and two influenza B lineage viruses predicted to be most common	Healthy non-pregnant people 2 through 49 years of age
Quadrivalent Cell Culture-Based Inactivated Influenza Vaccine (ccIIV4)	Injectable inactivated influenza vaccine manufactured using cell culture rather than eggs, containing the influenza A(H1N1), (H3N2) and two influenza B lineage viruses predicted to be most common	People 4 years and older
Quadrivalent Recombinant influenza Vaccine (RIV4)	Injectable influenza vaccine produced without the use of influenza viruses or eggs; Contains the influenza A(H1N1), (H3N2) and two influenza B lineage viruses predicted to be most common	Adults 18 years and older
Trivalent and Quadrivalent Adjuvanted Inactivated Influenza Vaccine (aIIV3 and aIIV4)	Injectable inactivated influenza vaccine containing MF59 adjuvant, designed to help promote a stronger immune response in older adults; Contains the influenza A(H1N1), (H3N2) and one or two influenza B viruses predicted to be most common	Adults 65 years and older
Quadrivalent High-Dose Inactivated Influenza Vaccine (HD-IIV4)	Injectable inactivated influenza vaccine containing four times the antigen of a standard-dose influenza vaccine, designed to help promote a stronger immune response in older adults; Contains the influenza A(H1N1), (H3N2) and two influenza B viruses predicted to be most common	Adults 65 years and older

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