

Influenza Vaccine Options 2016-2017 Season

Annual vaccination is the best way to prevent flu. The vaccine is updated annually to protect against the influenza strains most likely to circulate each season. Even in the cases when vaccination does not prevent infection completely, it can reduce the severity of the disease and prevent the most serious complications of flu, including hospitalization and death.

There are several types of flu vaccines offered at many convenient locations, including physician offices, public health departments, drug and retail stores, workplaces, and schools. Many insurance plans pay for annual flu vaccination. Individuals covered by Medicare Part B can get the flu vaccine at no cost (no co-pay, no deductible). Health experts say all flu vaccines provide protection so do not delay immunization if your first choice of vaccine is not available.

Vaccine Type	Who Can Get It	How It Is Given
Inactivated, <i>standard dose</i>	Children and adults age 6 months or older	Needle injected into the arm or thigh muscle
<ul style="list-style-type: none"> • Most common type of vaccine available • For the 2016-17 season, available vaccines include either three influenza strains (two influenza A and one influenza B) [trivalent]; or four strains (two influenza A and two influenza B) [quadrivalent] • Four manufacturers (age range for individual products varies) <ul style="list-style-type: none"> ○ GlaxoSmithKline: four-strain vaccine ○ ID Biomedical Corporation: four-strain vaccine ○ Sanofi Pasteur: three- and four-strain vaccines ○ Seqirus: three- and four-strain vaccines 		
Inactivated, <i>intradermal</i>	Adults age 18 to 64 years	Smaller needle injected into the skin in the upper arm
<ul style="list-style-type: none"> • Uses a microneedle that is 90 percent smaller than the needle used for standard flu shots • Includes four strains (two influenza A and two influenza B) • Uses less antigen than standard vaccines to elicit a similar immune response from the body • One manufacturer (Sanofi Pasteur) 		
Inactivated, <i>jet-injection</i>	Adults age 18 to 64 years	High-velocity stream of liquid injected into the muscle
<ul style="list-style-type: none"> • A fluid stream, which penetrates the skin in about one-tenth of a second • Includes three strains (two influenza A and one influenza B) • One manufacturer produces influenza vaccine that is FDA approved for use with the jet injector (Seqirus) 		
Inactivated, <i>high dose</i>	Adults age 65 years or older	Needle injected into the arm or thigh muscle
<ul style="list-style-type: none"> • More effective in reducing flu-related medical issues and hospital admissions compared to the standard dose for individuals age 65 years and older • Includes three strains (two influenza A and one influenza B) • One manufacturer (Sanofi Pasteur) 		
Inactivated, <i>adjuvanted</i>	Adults age 65 years or older	Needle injected into the muscle of the arm
<ul style="list-style-type: none"> • Vaccine made using adjuvant (an ingredient that helps create a stronger immune response in the body) • Includes three strains (two influenza A and one influenza B) • One manufacturer (Seqirus) 		
Recombinant (egg-free)	Adults age 18 years or older	Needle injected into the arm or thigh muscle
<ul style="list-style-type: none"> • Recombinant production method provides an alternative to egg-based vaccine production • Includes three strains (two influenza A and one influenza B) • An option for adults with known egg allergies • One manufacturer (Protein Sciences) 		
Live-attenuated influenza vaccine (LAIV)	Children and adults age 2 to 49 years	Sprayed into the nostrils
<ul style="list-style-type: none"> • According to CDC, the nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017 		

Influenza vaccine should be used with caution in anyone with a history of Guillain-Barré Syndrome within six weeks following a previous influenza vaccine dose.