

## Influenza Vaccine Options 2018-2019 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 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 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"> <li>▪ Most common type of vaccine available</li> <li>▪ For the 2018-2019 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]</li> <li>▪ Four manufacturers (age range for individual products varies)               <ul style="list-style-type: none"> <li>▪ GlaxoSmithKline: quadrivalent vaccine</li> <li>▪ ID Biomedical Corporation: quadrivalent vaccine</li> <li>▪ Sanofi Pasteur: quadrivalent vaccine</li> <li>▪ Seqirus: trivalent and quadrivalent vaccines, and cell culture-based vaccine</li> </ul> </li> </ul> |  |   |
| 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"> <li>▪ A fluid stream, which penetrates the skin in about one-tenth of a second</li> <li>▪ Includes either three influenza strains (two influenza A and one influenza B) [trivalent]; or four strains (two influenza A and two influenza B) [quadrivalent]</li> <li>▪ One manufacturer produces influenza vaccine that is FDA approved for use with the jet injector (Seqirus)</li> </ul>   |  |   |
| 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"> <li>▪ More effective in reducing flu-related medical issues and hospital admissions compared to the standard dose for individuals age 65 years or older</li> <li>▪ Includes three strains (two influenza A and one influenza B) [trivalent]</li> <li>▪ One manufacturer (Sanofi Pasteur)</li> </ul>  |  |   |
| Inactivated, <i>adjuvanted</i>  | Adults age 65 years or older                       | Needle injected into the arm muscle                     |
| <ul style="list-style-type: none"> <li>▪ More effective in reducing flu-related medical issues and hospital admissions compared to the standard dose for individuals age 65 years or older</li> <li>▪ Vaccine made using adjuvant (an ingredient that helps create a stronger immune response in the body)</li> <li>▪ Includes three strains (two influenza A and one influenza B) [trivalent]</li> <li>▪ One manufacturer (Seqirus)</li> </ul>   |  |   |
| Recombinant (egg-free)  | Adults age 18 years or older                       | Needle injected into the arm or thigh muscle            |
| <ul style="list-style-type: none"> <li>▪ Recombinant production method provides an alternative to egg-based vaccine production</li> <li>▪ Include either three influenza strains (two influenza A and one influenza B) [trivalent]; or four strains (two influenza A and two influenza B) [quadrivalent]</li> <li>▪ An option for adults with known egg allergies</li> <li>▪ One manufacturer (Sanofi Pasteur)</li> </ul>   |  |   |
| Live-attenuated influenza vaccine (LAIV)  | Healthy children and adults age 2 through 49 years | Sprayed into the nostrils                               |
| <ul style="list-style-type: none"> <li>▪ Includes four strains (two influenza A and two influenza B) [quadrivalent]</li> <li>▪ One manufacturer (AstraZeneca)</li> </ul>  |  |   |

Influenza vaccine should be used with caution in anyone with a history of Guillain-Barré Syndrome within 6 weeks following a previous influenza vaccine dose.