



# Influenza (Flu) Vaccines

## What you need to know about influenza

**Influenza vaccine** can prevent **influenza (flu)**.

### Influenza (more commonly known as the flu):

- Flu is a highly contagious disease that spreads from person to person through sneezing and coughing, and can be spread through surfaces.
- It spreads every year in the U.S. and is usually a seasonal illness between October and May.
- Flu is very contagious because people can pass it on before they even know they are sick.
- Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.
- Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.
- Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.
- In an average year, between 12,000-79,000 people in the United States die from flu, and 140,000 to 960,000 people are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

### CDC recommends everyone 6 months and older get vaccinated every flu season.

▪ Children 6 months through 8 years of age may need 2 doses during a single flu season. ▪ Everyone else needs only 1 dose each flu season.



### It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.



### Types of Influenza vaccines:

- **6 months and older:** quadrivalent influenza shot
- **2 years and older:** nasal spray
- **65 years or older:** quadrivalent high-dose influenza vaccine
- **Allergic to eggs:** quadrivalent cell-based influenza shot for children 4 years or older. OR recombinant quadrivalent influenza shot for adults 18 or older.



Data Sourced from CDC, PA-AAP Report on 2021 SILR Data

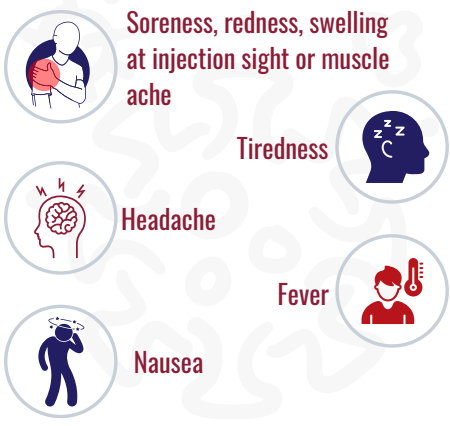


Influenza vaccine may be given at the same time as other vaccines. Your health care provider can give you more information.



# WHAT TO EXPECT AFTER VACCINATION

It's normal to experience immune response after vaccination, this is how you know the vaccine is doing its job. These side effects are usually mild and disappear on their own in a few days. Some normal immune responses for flu vaccine include:



## Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")
- In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.
- Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.
- People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

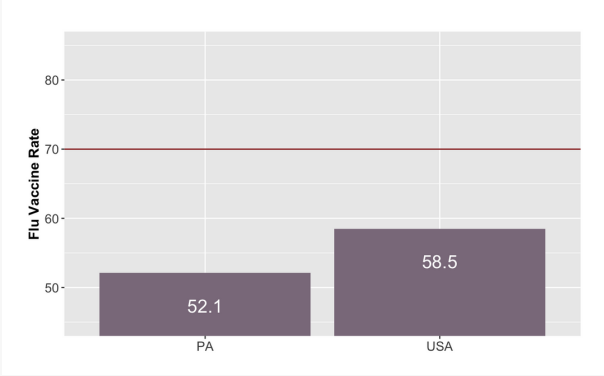
As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

# Flu Vaccination Rates

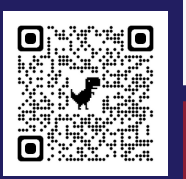
The Healthy People 2030 goal for vaccination coverage is **70%** for the seasonal flu vaccine.

\*Data taken from the Kaiser Family Foundation.

Percentage of people over age 6 months who had annual flu vaccine in 2020-21 flu season in PA and USA\*



Scan the QR code to connect with the Pennsylvania Immunization Coalition or a local coalition near you!



For more vaccine information go to: [immunizepa.org](https://immunizepa.org)