

SENIOR VACCINE INFORMATION

Healthy Solutions will be administering Fluad Adjuvanted Flu Vaccine for participants ages 65+ that request a senior vaccine.

Why is there a need for flu vaccines designed specifically for people 65 years and older?

People 65 years and older are at higher risk for flu-related severe illness and death. CDC research indicates that people in this age group account for 70 to 85% of flu-related deaths and 50 to 70% of flu-related hospitalizations each flu season. Older adults can have lower protective immune responses after flu vaccination compared to healthy young people. Lower immune responses may lead to lower vaccine effectiveness (i.e., a measure of how well the flu vaccine protects). Given the higher risk of severe flu illness and lower protective immune response after vaccination among older adults, substantial research and development have produced new flu vaccines intended to provide better protection for people in this age group.

Fluad Adjuvanted Flu Vaccine for ages 65+

Fluad is a standard-dose, inactivated influenza (flu) vaccine, manufactured by Seqirus that contains an adjuvant.

Fluad is manufactured using an [egg-based process](#) (like most flu vaccines) and includes an adjuvant called MF59. An adjuvant is an ingredient added to a vaccine that helps create a stronger immune response to vaccination.

Benefits of Fluad compared to standard-dose flu vaccines without adjuvant for adults 65+

Recent observational studies among Medicare beneficiaries 65 years and older found that trivalent Fluad provided greater protection against flu-related hospitalizations and emergency department visits than unadjuvanted standard-dose, egg-based flu vaccine. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

How safe is Fluad

Some adverse events (which are also reported after regular flu vaccines) were reported more frequently after vaccination with Fluad than with unadjuvanted flu vaccines. The most common adverse events experienced during clinical studies were mild to moderate and were temporary, and included pain, redness at the injection site, headache, muscle aches, and malaise.

Who can receive Fluad?

In the United States, Fluad is licensed only for people 65 years and older. FLUAD should not be given to people with a history of severe allergic reaction to any flu vaccine or to vaccine ingredients other than eggs. Information about vaccine ingredients is located in package inserts from each manufacturer.

Why Trivalent vaccine instead of Quadrivalent vaccine this year?

The CDC has recommended all flu vaccines in the United States be trivalent this year. Global flu surveillance has not detected the “B/Yamagata” strain since March 2020. Therefore, the risk is very low in contracting this flu strain.

When will flu, activity begin?

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January, February however, it can occur as early as October and as late as May.

Does the flu vaccine cause the flu?

Contrary to popular belief, the flu vaccine does **NOT** cause the flu. Some people experience mild flu-like symptoms after vaccination, which can mean that your body is responding to the vaccine. If you do get the flu soon after vaccination, you may have been exposed to flu viruses either before getting vaccinated or within the two weeks it takes the body to gain protection after getting vaccinated. Also, it is possible your symptoms are not caused by the flu. Other respiratory viruses, like the common cold, COVID, as well as some bacterial viruses, can cause symptoms similar to those caused by the flu.

Who should get vaccinated?

The CDC states, “All persons aged 6 months and older are recommended for annual vaccination, with rare exception”.

Who should **NOT** get a flu shot?

Anyone with severe, life-threatening allergies to flu vaccine or an ingredient in the vaccine including allergies to eggs; If you ever had Guillain-Barré Syndrome (also called GBS); People who are significantly ill with a fever should wait until symptoms subside before getting their flu shot; Children less than six months old. *For the most detailed and current list, go to the [Center for Disease Control website](#) or review the appropriate Vaccine Information Statement.*

2024-25 Influenza Vaccine

While there are many different flu viruses, the flu vaccine is designed to protect against the main flu strains that research indicates will cause the most illness during the upcoming season. The 2024-25 trivalent (3 strain) flu vaccine has the following vaccine strains. For Cell Based Vaccine: A/Wisconsin (H1N1); A/Massachusetts (H3N2); and *B/Austria (B/Victoria lineage); **For Egg-based vaccine (including Fluad): A/Victoria (H1N1); A/Thailand (H3N2), and B/Austria (B/Victoria lineage).**

Additional Information:

Further information is available at www.cdc.gov/flu