

FAQ Types of Influenza (Flu) Vaccinations 2020

1. What types of flu vaccinations are available at the CPHD flu clinics?

CPHD is offering three types of flu vaccines. All three are effective against the flu, are preservative free, and are designed to protect against four different flu viruses. Some vaccines are better suited for certain individuals.

- **“Regular dose” flu vaccine** is appropriate for everyone ages 6 months and older.
- **“High dose” flu vaccine** is designed for people 65 and older. The higher dose helps protect seniors who often have additional medical complications that make them more vulnerable to the flu. Seniors also may not have as strong an immune response as younger people. This vaccine is approved for people 65 and older; anyone younger who would like to receive this vaccine can only get it through their medical provider.
- **FluMist or nasal spray flu vaccine (live attenuated nasal mist flu vaccine)** is appropriate for healthy people ages 2--49. **FluMist is a great option for people who want to avoid needles!** The following individuals, however, should NOT receive FluMist:
 - Pregnant women
 - People who are immunocompromised in any way
 - People with asthma ages 5 and older
 - People with chronic conditions such as heart disease, kidney disease, rheumatological disease, or diabetes
 - People taking chronic aspirin therapy

Reasons NOT to take any of the above influenza vaccinations: very few!

- Allergy to any of the vaccine components.
 - Please note that most people with egg allergy, unless you have had an anaphylactic reaction to eggs, can take any of these vaccinations offered. If you have any questions about this, please check with your primary care provider.

2. Is one vaccine more effective than the other?

No! All three vaccines are recommended by the Centers for Disease Control (CDC), the American Academy of Pediatrics (AAP) and the Advisory Committee on Immunization Practices (ACIP). They are equally effective against the flu, but a certain vaccine may be more appropriate for you given your age and/or medical history.

3. Is it true that Flu mist doesn't work?

No! In previous years, Flu mist was not as effective against certain strains of flu. It now protects against all the circulating strains. Information from other countries in the Southern Hemisphere, where this vaccine has already been given this year, suggests it is equally effective as the injectable form of flu vaccine (flu shots).

4. Why is it so important to get a flu vaccine this year?

While a flu shot is always recommended, it's especially important this year. Preventing the spread of flu will limit the need for flu-related medical appointments and hospitalizations, freeing up resources to help people with COVID-19. We expect our health care system to be very busy with COVID-19 this year. Getting a flu shot is a way we can all protect each other!