

Homecare Plus Community Healthcare and Hospice

Yale New Haven Health

Take Home Facts: Flu Vaccine

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

fever or feeling feverish/chills

*cough

*sore throat

*runny or stuffy nose

*muscle or body aches

*headaches

*fatigue (tiredness)

*some people may have vomiting and diarrhea, though this is more common in children than adults.

***It's important to note that not everyone with flu will have a fever.**

Who Should Get Vaccinated?

- All persons aged 6 months and older
- Adults and Children with chronic medical conditions
- Anyone taking long-term steroids, receiving cancer treatment or with HIV infection
- Children and teenagers on long-term aspirin therapy
- Household members (including children) and caregivers of all at-risk persons
- Health care workers
- Residents and employees of nursing homes and other long-term care facilities
- Students and others in an institutional setting
- Pregnant women
- Anyone who wants to decrease the chance of getting the flu
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Will the Vaccine Keep Me From Getting the Flu?

- The vaccination will protect most people from most strains of influenza. Since the virus changes frequently, the vaccine is updated yearly.
- The vaccine will begin to provide its protective effect after 10-14 days and will last several months.
- Flu shots will not protect all persons who get them against influenza, but should at least decrease the severity of the illness.
- Flu shots will not protect you against other illnesses which may resemble flu.

Possible Side Effects:

Most people have no side effects from the flu shot. The most common reaction is soreness, redness or swelling at the injection site for a day or two. Occasionally, persons may experience a fever or achiness for one or two days. As with any drug or vaccine, there is a slight possibility that an allergic reaction, or even death, could occur. **THE VACCINE CANNOT CAUSE THE FLU. RESPIRATORY ILLNESS AFTER VACCINATION IS COINCIDENTAL AND UNRELATED.**

Composition of 2022-2023 U.S. flu vaccines: The recommendations for the 2022-2023 season include two updates compared with the recommended composition of last season's U.S. flu vaccines. Both the influenza A(H3N2) and the influenza B(Victoria lineage) vaccine virus components were updated.

***Sanofi Fluzone High-Dose** – Quadrivalent Egg-based vaccine composition recommendations:

- an A/Victoria/2570/2019 (H1N1) pdm09-like virus;
- an A/Darwin/9/2021 (H3N2)-like virus (updated);
- a B/Austria/1359417/2021-like virus (B/Victoria lineage) (updated);
- a B/Phuket/3073/2013-like virus (B/Yamagata lineage)

***Seqirus Flucelvax** - Quadrivalent Cell-based vaccine composition recommendations:

- an A/Wisconsin/588/2019 (H1N1) pdm09-like virus;
- an A/Darwin/6/2021 (H3N2)-like virus (updated);
- a B/Austria/1359417/2021-like virus (B/Victoria lineage) (updated);
- a B/Phuket/3073/2013-like virus (B/Yamagata lineage).

DO NOT RECEIVE THE HIGH-DOSE SHOT IF:

- YOU HAVE A SEVERE ALLERGY TO EGGS OR CHICKEN BY-PRODUCTS
- YOU HAVE EVER HAD A SERIOUS REACTION TO A FLU SHOT
- YOU HAVE A FEVER (Delay the shot until the fever is gone), FLU-LIKE SYMPTOMS, OR ACTIVE COVID-19 VIRUS WITHIN 2 WEEKS.

CHECK WITH YOUR DOCTOR BEFORE TAKING THE SHOT IF:

- You have ever had Guillain-Barre Syndrome
- You are pregnant or nursing

PLEASE NOTE:

- Seqirus Flucelvax does not contain egg products and is cell based
- Neither Seqirus Flucelvax Adult Dose or Sanofi Fluzone High Dose (65+) contain Latex

QUESTIONS: Please ask the clinic nurse or call your primary care doctor or local health department before requesting the vaccine. Additional vaccine information can be obtained at [fda.gov](https://www.fda.gov)

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