



Get Vaccinated Against the Flu

What is Influenza?

Influenza (“the flu”), is a seasonal illness occurring mainly during the winter months, but may occur as early as October and as late as May. It is caused by the influenza virus, which changes slightly each flu season.

Is the Flu Vaccine Effective?

Because the strains may vary from year to year, the vaccine must be updated each year based on which influenza viruses are making people sick, how these viruses are spreading, and how effective the previous season’s vaccine was. Even though the current vaccine is targeted against this year’s flu virus, the effectiveness can vary from season to season. Even when the vaccine is not completely effective, it still reduces the severity of the illness and prevents hospitalization.

Is the flu vaccine safe??

Yes. The flu vaccine is safe. Hundreds of millions of Americans have safely received flu vaccines and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

Can the flu vaccine cause flu?

The flu vaccine does not cause flu illness; however, it can cause mild side effects that are often mistaken for flu. Common side effects include soreness, redness, and/or swelling at the injection site, headache, fever, muscle aches, and nausea. These side effects are NOT the flu. If experienced at all, these effects are usually mild and last only 1-2 days.

Our patients will be notified when flu vaccines are available from Personalized Health Care of Tucson. Scheduling an appointment is the best way to reserve your vaccine. Immunizations are available on a walk-in basis but are subject to the availability of vaccine. Getting the flu vaccine this year is more important than ever as COVID19 will continue to be a concern during the flu season. CDC recommends that all individuals people 6 months and older get a yearly flu vaccine.

PHC offers the following 3 vaccines for this season

Vaccine	Indication
* Fluzone® High-Dose	Trivalent vaccine with 4 times the amount of antigen produces a stronger immune response. Indicated for persons 65 years of age and older
* Flublok® Quadrivalent	Only egg-free vaccine on the market and may be the most effective among patients aged 50-64. Recombinant, quadrivalent vaccine indicated for persons 18 years and older
* Fluarix® Quadrivalent	Quadrivalent vaccine indicated for persons 6 months of age and older

* Get Vaccinated | Seasonal Influenza (Flu) | CDC. (n.d.). Retrieved August 25, 2018, from <https://www.cdc.gov/flu/consumer/vaccinations.htm>
* Centers for Disease Control and Prevention. 2020. Upcoming 2019-2020 Influenza Season. [online] Available at: <<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>> [Accessed