

VACCINE UPDATES



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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. Influenza 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 predicted to target 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.

Can I get all my seasonal vaccines (flu, COVID, RSV) at the same time? Although it is safe to receive all 3 vaccines at the same time, we recommend separating the RSV vaccine from flu and COVID by at least one week to reduce unnecessary side effects.

Flu vaccines will be available starting Monday, September 18th. Vaccines will be provided only by scheduling an appointment. CDC recommends that all individuals people 6 months and older get a yearly flu vaccine.

PHC offers the following flu vaccines this season:

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

1. Get Vaccinated | Seasonal Influenza (Flu) | CDC. (n.d.). Retrieved from <https://www.cdc.gov/flu/consumer/vaccinations.htm>
2. Centers for Disease Control and Prevention. 2020. Upcoming 2019-2020 Influenza Season