

# Make a Strong Flu Vaccine Recommendation

The CDC recommends everyone 6 months of age and older get an influenza vaccine every year. Vaccination is especially important for people 65 years and older due to their high risk of developing serious complications from the flu.

## Your Vaccine Recommendation is Critical

As a health care professional, your strong recommendation is a critical factor in whether your patients get a flu vaccine. Research indicates that adults are likely to get a flu vaccine if their doctor or health care provider recommends it to them.

## How to Make a Strong Flu Vaccine Recommendation

The S.H.A.R.E. method can help you make a strong vaccine recommendation and provide important information to help patients make informed decisions.

**S** **SHARE** the reasons why the influenza vaccine is right for the patient given his or her age, health status, lifestyle, occupation, or other risk factors.

**H** **HIGHLIGHT** positive experiences with influenza vaccines (personal or in your practice), as appropriate to reinforce the benefits and strengthen confidence in flu vaccination.

**A** **ADDRESS** patient questions and any concerns about the influenza vaccine, including side effects, safety, and vaccine effectiveness in plain and understandable language.

**R** **REMIND** patients that influenza vaccines protect them and their loved ones from serious flu illness and flu-related complications.

**E** **EXPLAIN** the potential costs of getting the flu, including serious health effects, time lost (such as missing work or family obligations), and financial costs.



# Who Should Get an Influenza Vaccine?

Everyone 6 months of age or older should get an influenza vaccine every year

The following flu vaccines are recommended by the CDC for the 2019-20 flu season:

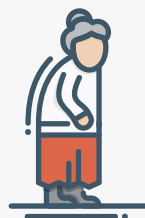
Vaccine Type	Vaccine Description	Recommended for
Trivalent (3-STRAIN)	Contains the three most common influenza strains predicted to be circulating	Adults 65 years & older
Quadrivalent (4-STRAIN)	Contains the three common influenza strains predicted to be circulating, plus an additional strain	Anyone 6 months & older
Adjuvanted & High-Dose (immune-boosting)	Designed to deliver a stronger immune response	Adults 65 years and older
Recombinant	Produced without the use of the influenza virus or chicken eggs	Adults 18 years and older
Live Attenuated Quadrivalent	For nasal inhalation	Age 2 - 49 years old

## It's especially important for adults aged 50 and older to be vaccinated

Because the immune system becomes weaker with older age, inhibiting the body's ability to fight infection, it is imperative the older population get vaccinated. Older adults are also more prone to medical conditions like diabetes and heart disease, which put them at a higher risk of serious complications related to the flu.



About **1/3** of adults aged 50-64 have medical conditions that increase their risk of flu-related complications



Approximately **71-85%** of flu-related deaths in the U.S. were people aged 65 years or older

