



HealthyCT Participating Provider Update
Date: October 2016

Flu Shot: A Few New Things This Season

The following information is taken directly from the CDC website. For the complete article, please go to www.CDC.gov.

Something that's new for 2016-2017: the CDC only recommends people get injectable flu vaccines (flu shots) this season. Live attenuated influenza vaccine (LAIV) – or the nasal spray vaccine – is not recommended for use during the 2016-2017 season because of concerns about its effectiveness. There are still many different vaccine options this season. Some flu shots protect against three flu viruses and some protect against four flu viruses.

CDC recommends use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2016-2017. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017.

Both trivalent (three-component) and quadrivalent (four-component) flu vaccines will be available.

Trivalent flu vaccines include:

- Standard-dose trivalent shots (IIV3) that are manufactured using virus grown in eggs. Different flu shots are approved for different age groups. Most flu shots are given in the arm (muscle) with a needle. One trivalent vaccine formulation can be given with a jet injector, for persons aged 18 through 64 years.
- A high-dose trivalent shot, approved for people 65 and older.
- A recombinant trivalent shot that is egg-free, approved for people 18 years and older.
- A trivalent flu shot made with adjuvant (an ingredient of a vaccine that helps create a stronger immune response in the patient's body), approved for people 65 years of age and older (new this season).

Quadrivalent flu vaccines include:

- Quadrivalent flu shots approved for use in different age groups.
- An intradermal quadrivalent flu shot, which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.
- A quadrivalent flu shot containing virus grown in cell culture, which is approved for people 4 years of age and older (new this season).

The CDC doesn't have a preferential recommendation for any of the licensed and recommended vaccines this season. The most important thing is that people get vaccinated, especially those people who are at high risk of flu complications.

Remember, when received in-network they're covered 100%. All participating providers, homecare agencies and pharmacies are contracted to give flu shots.

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