



## Which Flu Vaccine Should I Get?

For the 2020-2021 flu season, the Newton Health and Human Services Department will be offering two types of vaccine for adults 65 years and older: regular-dose quadrivalent vaccine (Fluarix) and high-dose quadrivalent vaccine (Fluzone High Dose Quadrivalent).

The information below is provided to help you decide which vaccine to get. Please note that this information is for education only – if you have any additional questions about which vaccine is best for you, you should **ask your health care provider**.

### ***Does CDC recommend one vaccine over another for people 65 and older?***

The CDC and its Advisory Committee on Immunization Practices have not expressed a preference for any flu vaccine indicated for people 65 and older.

### ***What are the differences between the two vaccines?***

The high-dose vaccine contains four times the amount of antigen (active ingredient) as the regular-dose flu shot. The higher dose of antigen in the vaccine is intended to give older people a better immune response, and therefore, better protection against flu.

### ***Are there benefits of high-dose vaccine compared to regular-dose vaccine for adults 65 years and older?***

Data comparing the effectiveness of the new quadrivalent high-dose vaccine with regular-dose vaccine are not yet available. However, data from clinical trials comparing trivalent regular-dose vaccine to trivalent high-dose vaccine indicated that trivalent high-dose vaccine creates a stronger immune response and was more effective in preventing flu in adults 65 years of age and older.

### ***Does the high-dose vaccine have more side effects than the regular-dose vaccine?***

Most people have minimal or no side effects after receiving the high-dose vaccine. Some side effects were reported more frequently after vaccination with the high-dose vaccine than after regular-dose vaccine. The most common side effects are pain, redness at the injection site, headache, muscle aches, and malaise.