

Flu Vaccine: *One Size Does Not Fit All*

Did you know that there are multiple types of flu vaccines?

Read on to find out which one may be right for you.

Flu Vaccines for Everyone 6 Months of Age and Older

Egg-based Vaccines: The flu vaccine we all think of is actually an egg-based vaccine. The virus strains are grown in chicken eggs, then made into vaccines each year. Available brands include:

- Flud®
- FLUARIX®
- FLULAVAL®
- Fluzone®

Cell-based Vaccines: Cell-based vaccines were created as an alternative to egg-based vaccines. Instead of being grown in eggs, they're grown in specialized animal cells. Available brands include:

- Flucelvax®
- Flublok® (only recommended for ages 9 and older)

Flu Vaccines for Adults 50 Years of Age and Older

If you are 50 to 64 years of age: The FDA recently approved a messenger RNA flu vaccine called mFLUSIVA®. This new technology means the flu strains do not have to be grown in any cells. You can also receive any egg- or cell-based vaccine.

If you are 65 years of age or older: You should receive what is called a “high-dose flu” vaccine. High-dose flu vaccines are egg-based, but are formulated to stimulate a stronger immune response in older adults. As we age, our immune systems age too. A higher-dose vaccine is a safe way to ensure older adults have an equally strong defense against flu. Currently, there is one available high-dose flu vaccine called FluZone High-Dose®.

Afraid of Needles? Consider the Nasal Spray

FluMist® includes the same flu virus strains as the egg- and cell-based vaccines, but is inhaled through your nose rather than injected into your arm. It is recommended for anyone 2 through 49 years of age.



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