



# Which Flu Vaccine is Right for Me?

The flu, or influenza, is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. Experts believe it is spread mainly by droplets created when people with the flu cough, sneeze or talk and droplets are dispersed, landing on surfaces and others. The single best way to prevent the flu is to be vaccinated annually. Because it takes about two weeks for the antibodies to develop after a vaccination, it is best to get vaccinated early. While getting a flu shot is not a guarantee that you will not contract the flu, it can seriously diminish the severity and may prevent other flu-related complications, like pneumonia.

**The VNAHSR will offer two types of vaccine this year: quadrivalent and high dose. Learn more about each type of vaccine below. Your VNA nurse can help you decide which vaccine is right for you.**

## Quadrivalent

Quadrivalent is a broad coverage vaccine with four virus strains of flu protection which includes an additional B strain

- Age 13 and above (while suitable for age three and above, our nurses will vaccinate beginning at age 13)
- Individuals with weakened immune system, or chronic illnesses that are well-controlled
- If you have lung-related health issues including: asthma, COPD, CHF, prone respiratory illness/virus, bronchitis or history of other flu virus diagnosis

### VACCINE SIDE-EFFECTS

The most common side effects from the flu shot are soreness, redness, tenderness or swelling where the shot is given. Low-grade fever, headache and muscle aches may also occur. The quadrivalent vaccine is inactive and cannot give you the flu.

## High Dose

High dose vaccines have three virus strains, but are four times more concentrated than other vaccines

- Individuals MUST BE 65 years and older
- Individuals who have had a flu vaccine and were diagnosed with the flu
- Individuals with weakened or taxed immune systems and/or chronic health diagnoses, not well controlled, including diabetes, kidney disorders, heart disease, cancer treatments or organ transplants

### VACCINE SIDE-EFFECTS

The most common side effects from the flu shot are soreness, redness, tenderness or swelling where the shot is given. Low-grade fever, headache and muscle aches may also occur. The high dose vaccine is inactive and cannot give you the flu.



## Questions?

**Your VNA nurses can help you decide on which vaccine is right for you.**

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