A GUIDE TO NEW 4-STRAIN FLU VACCINES

A QUADRIVALENT (4-STRAIN) VACCINE is a new type of flu vaccine available this flu season that helps provide protection against four flu virus strains. Previously, flu vaccines helped to protect against three flu virus strains, out of four that typically circulate.

WHAT’S THE BIG DEAL?
Since the late 1980s, scientists have noted FOUR MAJOR FLU STRAINS THAT HAVE CIRCULATED and spread each flu season, making it challenging for experts to choose which three flu virus strains to include in seasonal flu vaccines.

IN 6 OF THE LAST 11 FLU SEASONS, (2001-2 through 2011-12) there was a MISMATCH and a fourth flu virus strain not included in seasonal flu vaccines circulated and spread.

Of the 135-139 million doses of flu vaccine projected to be available for the 2013-14 flu season, manufacturers estimate that 30-32 MILLION DOSES will be 4-STRAIN FLU VACCINES.

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Of the 135-139 million doses of flu vaccine projected to be available for the 2013-14 flu season, manufacturers estimate that 30-32 million doses will be 4-strain flu vaccines available for the first time this flu season. 4-strain flu vaccines are made in the same way 3-strain flu vaccines have been made for many years, the only difference is the addition of one more strain to help protect against another flu virus.

It is important to get a flu shot every year because the viruses that circulate may vary each season and protection from vaccination declines over time.

4-strain flu vaccines are available for the first time this flu season.

For more information on quadrivalent (4-strain) flu vaccines, go to www.cdc.gov/flu/protect/vaccine/quadrivalent.htm

FLU MYTHS VS. FLU FACTS

THE FLU SHOT CAN GIVE ME THE FLU

MYTH
FLU VIRUSES USED IN FLU SHOTS ARE INACTIVATED, SO THEY CANNOT CAUSE INFECTION

FACT
If you get the flu vaccine, you are about 60% less likely to get the flu.

I SHOULD WAIT TO GET VACCINATED SO THAT I’M COVERED THROUGH THE END OF THE SEASON

MYTH
VACCINES ARE NOT PROVEN TO PREVENT THE FLU

FACT
If you get the flu vaccine, you are about 60% less likely to need treatment for the flu.

PEOPLE SHOULD GET A FLU SHOT AS SOON AS THEY ARE AVAILABLE BECAUSE IT TAKES ABOUT TWO WEEKS FOR ANTIBODIES TO DEVELOP

MYTH
It is better to get the flu than to get a flu vaccine.

FACT
Flu viruses used in flu shots are inactivated, so they cannot cause infection.

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For more flu myths and facts, go to www.cdc.gov/flu/keyfacts.htm or www.cdc.gov/flu/about/qa/misconceptions.htm.