

# 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.

4-strain flu vaccines available for the 2013-14 flu season will help protect against the four flu virus strains expected to circulate 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.

## 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.**

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

\*Quadrivalent flu vaccines are available as both intranasal spray and shots.

## 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.



# FLU MYTHS

VS.

# FLU FACTS

MYTH

THE FLU SHOT CAN GIVE ME THE FLU

FACT

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 NEED TREATMENT FOR THE FLU

MYTH

VACCINES ARE NOT PROVEN TO PREVENT THE FLU

FACT

GETTING THE FLU SHOT PROVIDES BENEFITS SUCH AS THE POTENTIAL TO REDUCE ILLNESS AND PREVENT TIME LOST FROM WORK

MYTH

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

FACT

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



For more flu myths and facts, go to [www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm) or [www.cdc.gov/flu/about/qa/misconceptions.htm](http://www.cdc.gov/flu/about/qa/misconceptions.htm)