Part 2: How do we stay engaged with Flu activities amidst the COVID-19 pandemic

Focus: Flu Vaccines

Question 1:

The flu vaccine will give you the flu

- True
- False

Answer 1:

- FACT: The flu vaccine will NOT cause you to come down with the flu
- Myth: The flu vaccine will give you the flu

www.vaccinateyourfamily.org/vaccines-diseases/current-flu-season/

What's in Flu vaccines?

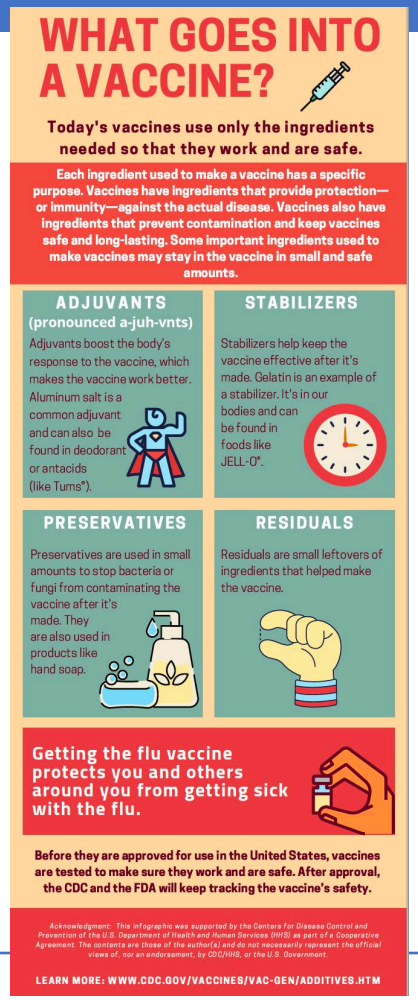
Weakened or killed (inactivated) flu virus particles

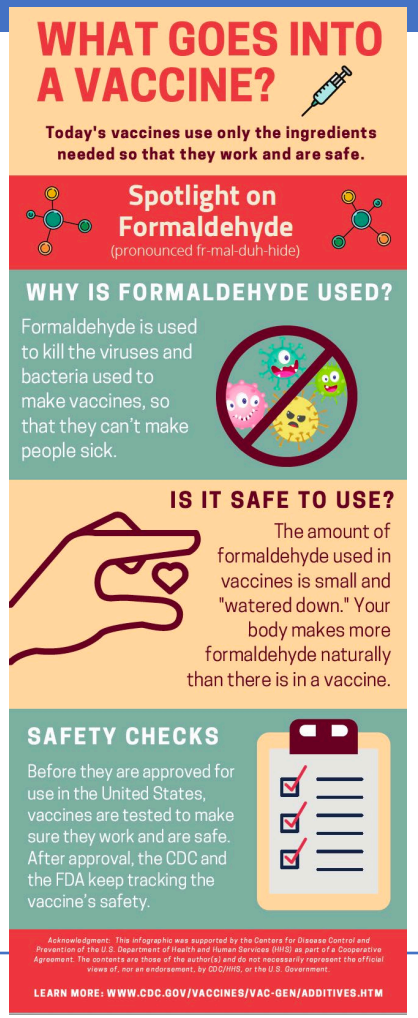
- For the 2021-22 season, all flu vaccine types protect against **4 strains** of flu viruses. 2 Type A strains and 2 Type B strains.
- Every year, scientists make predictions based on the flu viruses circulating in the Southern Hemisphere's Flu season (Spring and summer months) to help determine what should go into the U.S. vaccine.

Other substances:

- **Egg protein** (in the egg-based vaccines)
- **Preservatives** (thimerosal) in multidose vials only. Thimerosal free vaccine available
- **Stabilizers** – table sugar (sucrose), artificial sweetener (sorbitol), MSG (flavor enhancer)
- **Antibiotics** – to prevent germ growth
- Inactivating ingredients

Infographics – What Goes into a Vaccine? (iREACH)





https://www.cdc.gov/flu/prevent/keyfacts.htm

Types of Flu Vaccine

FLU SHOT

- Intramuscular (by injection): ages 6 months and older Inactivated (killed)
- Several brands
- Both egg-based and non-egg based (cell culture based or recombinant) varieties

NASAL SPRAY FLU VACCINE

- Intranasal: ages 2 years through 49 years Live, attenuated
- Only 1 type, Flumist
- Egg Based only
- Recommended for Healthy people
- Should not be given to people who are pregnant, immunocompromised persons and some other groups
- Find out from your provider if you are eligible

Question 2:

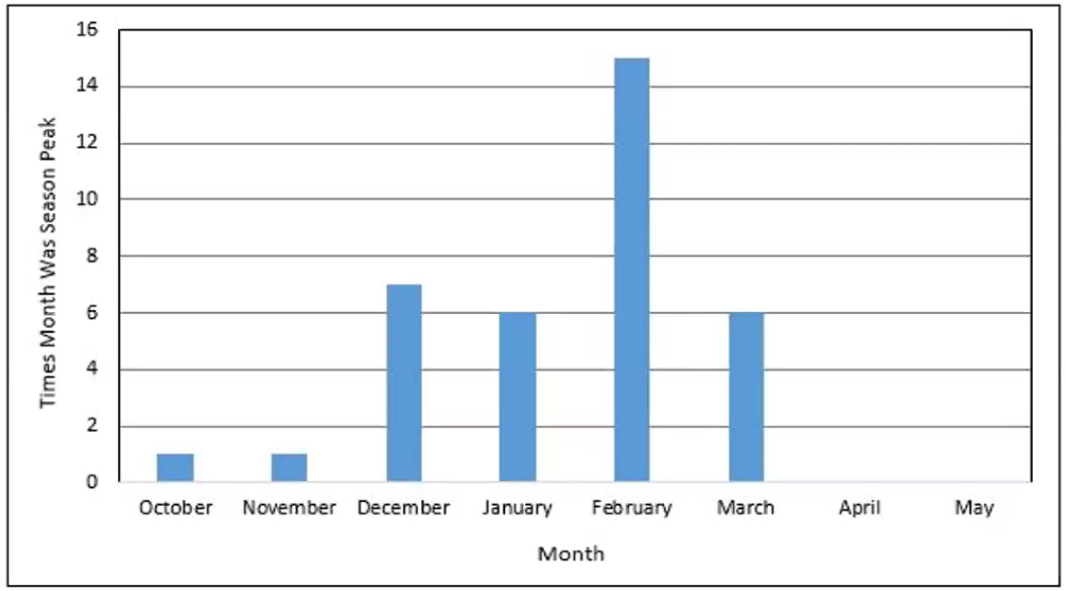
- February is too late in the season to get a flu vaccine.
  - True
  - False

Answer 2:

- FALSE.
- You can continue to vaccinate as late as May some years.
- Vaccination should continue throughout the season, as long as flu viruses are circulating

Timing of flu vaccination.
When does flu season usually peak?

- Timing of the onset and peak of influenza activity varies from season to season.
- Timing of activity onset can also vary geographically.
- In the United States, localized areas of increased activity occur as early as October.
- Over the 36 seasons between 1982-83 and 2017-18, peak activity occurred in:



- December 7 (19%) seasons
- January 6 (17%) seasons
- February 15 (42%) seasons
- March 6 (19%) seasons

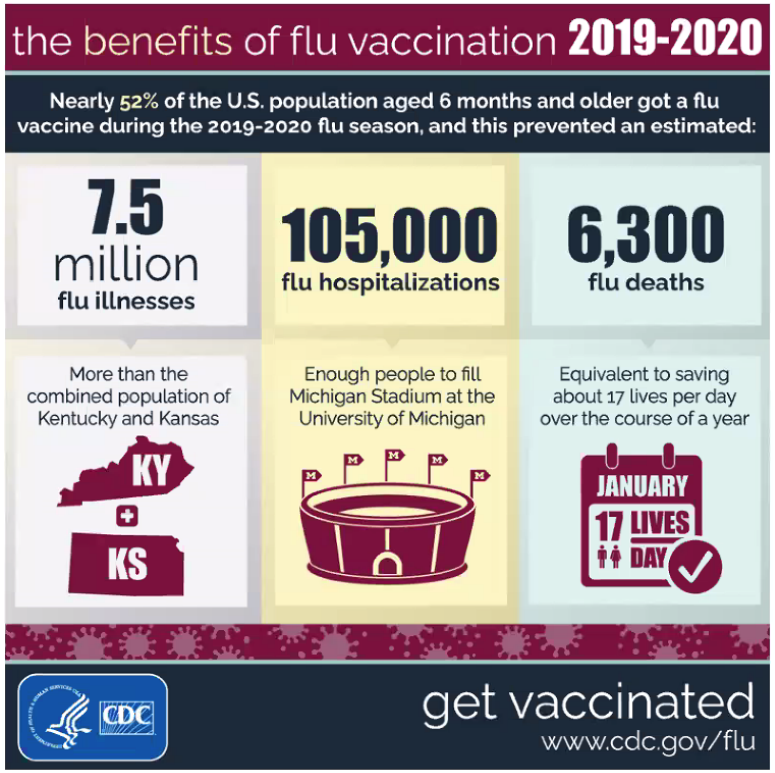
https://www.cdc.gov/flu/about/season/flu-season.htm

Question 3

- The Flu vaccine really does not help much to prevent the flu. It is not effective.
  - 99 sure this is true
  - 60% sure this is true
  - 40% sure this is true
  - This is False
  - Unsure

Truth: Flu vaccines do work (1)

- CDC provides estimates of overall influenza burden and vaccine effectiveness after each season.
- Estimated vaccine effectiveness for 2019-20:
  - 39% overall
- Estimated burden averted through vaccination:
  - 7.5 million illnesses
  - 105,000 hospitalizations
  - 6,300 deaths



https://www.cdc.gov/flu/resource-center/freeresources/graphics/flu-vaccine-protected-infographic.htm

Truth: Flu vaccines do work (2)

- Some people who get vaccinated may still get sick with flu.
- However, flu vaccination has been shown in some studies to reduce severity of illness in people who get vaccinated but still get sick.
- A 2021 study showed that among adults, flu vaccination was associated with a **26% lower risk of ICU admission and a 31% lower risk of death** from flu compared with those who were unvaccinated.
- A 2017 study showed that flu vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized adults with flu.

Flu vaccine for older adults (65 years and older)

- There is an increased risk of severe flu disease in older adults.
- Vaccines are in general less effective in this age group due to waning immune response
- Any of the currently available injectable flu vaccines are approved for this age group. (LAIV (nasal spray flu vaccine) is NOT approved for persons 50 years and older)

Two vaccines approved specifically for persons 65 years and older:

- Adjuvanted inactivated Flu vaccine (Fluad)
  - Boosted to improve how well the vaccine works with an adjuvant called MF59
- High-dose flu vaccine (Fluzone). Contains 4 x as much hemagglutinin dose per virus vs. standard dose

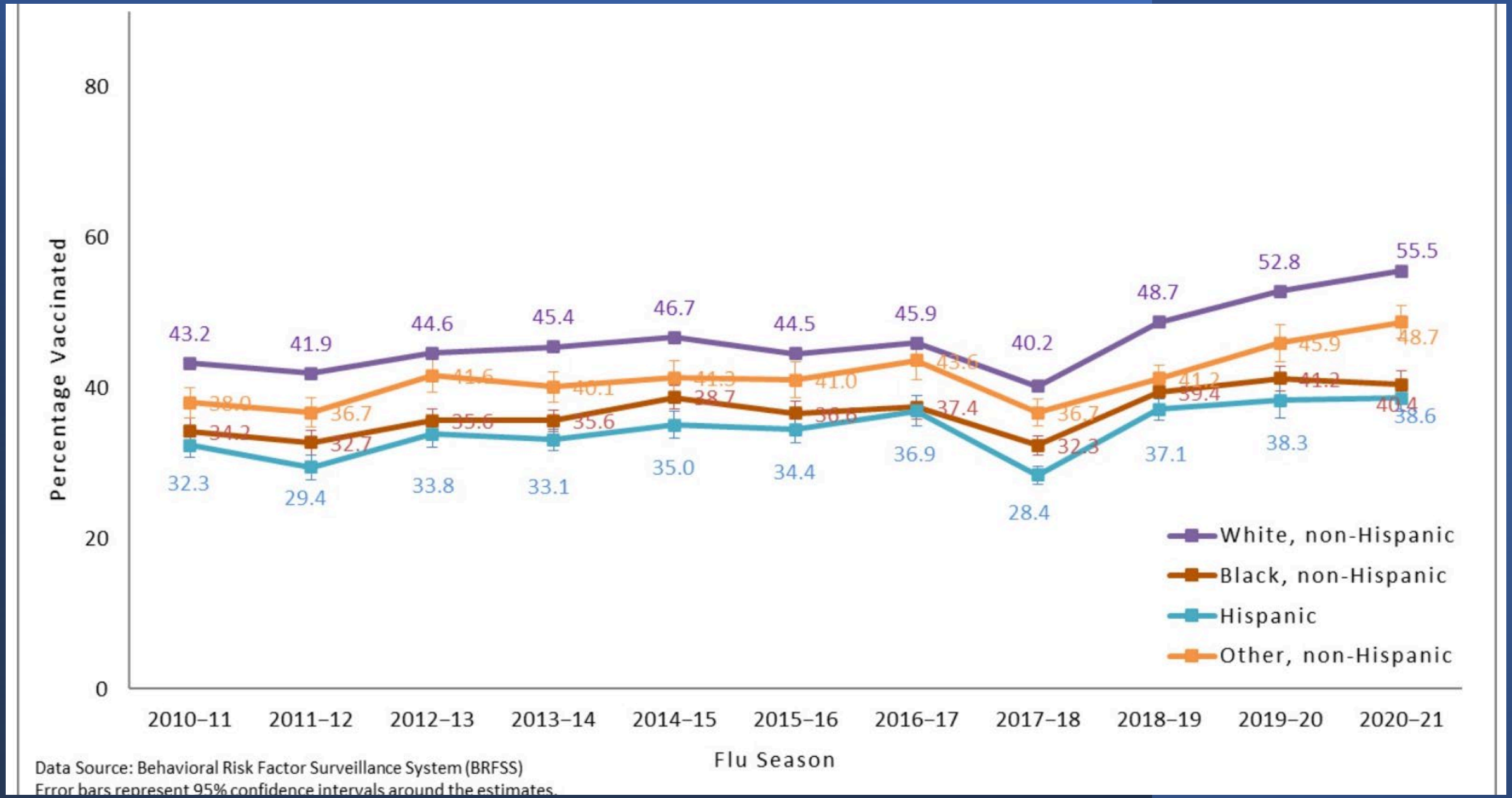
ACIP and CDC does not make a preferential recommendation for any one vaccine for any age group.

Annual flu vaccination is the most important step to prevent getting and spreading the flu.

Question 4: On average, for the last 10 years (from 2010-21, pre-pandemic) What percentage of black adults (18 years and older) get the flu shot every year?

A.10-20%
B. 20-35%
C.35-50%
D. 50-65%
E. 60-70%

https://www.cdc.gov/flu/fluvaxview/coverage-2021estimates.htm



Data Source: Behavioral Risk Factor Surveillance System (BRFSS)
Error bars represent 95% confidence intervals around the estimates.

Flu vaccination estimates, CDC (NIS Survey, Adults, 11/28-12/31/21)

- Coverage among states and DC, as of mid-December for all adults ranges from 29.6% to 54.8%; **national coverage,** including DC, Puerto Rico, and U.S. Virgin Islands, is **40.0%**
  - Compared with coverage for White, non-Hispanic adults **(45.6%)**, coverage is:
    - **16** percentage points lower for Black, non-Hispanic adults
    - **16** percentage points lower for Hispanic adults
    - **17** percentage points lower for Other/Multiple Races, non-Hispanic adults
    - **14** percentage points lower for American Indian/Alaskan Native, non-Hispanic adults
  - Coverage is **29.0% for adults 18-49 years**, 43.4% for adults 50-64 years, and 65.0% for adults 65 years and older

Question 5

- Only people with asthma or respiratory problems need to get the flu vaccine.
  - True
  - False

Some people are at higher risk of developing serious complications if they get the flu. Priority groups include:

- Older adults
- Pregnant women
- Young children (under 2 years old)
- Certain Racial and ethnic minority groups
- People with disabilities
- People with chronic medical conditions, including:
  - Asthma
  - Heart disease and stroke
  - Diabetes and other endocrine disorders
  - HIV/AIDS
- Cancer
- Neurologic conditions
- Chronic kidney disease
- Blood disorders (such as sickle cell disease)
- Liver disorders
- Metabolic disorders
- Obesity
- People younger than 19 years old on long-term aspirin
- People with a weakened immune system
- People living in nursing homes or long-term care facilities

Question 6

- CDC recommends flu vaccine for pregnant people
  - True
  - False

Answer 5:

- TRUE. Pregnant people may receive an injectable influenza and/or COVID-19 vaccine in any trimester
- DO NOT give LAIV (live flu vaccine) to pregnant people
- The vaccines protect pregnant persons and also protect unborn baby and infants
  - Flu vaccine during pregnancy has been shown to protect a newborn for up to 6 months after birth

Las vacunas son eficaces

Beneficios de la vacunación para madres:

- Reduce el riesgo de una infección respiratoria asociada a la gripe en un **~50 %**
- Reduce el riesgo de una hospitalización asociada a la gripe en un **40 %**

2 PROTECTS 2 | FAMILIES FIGHTING FLU, INC. | Partnership for Maternal & Child Health of Northern New Jersey

Las vacunas son eficaces

Beneficios de la vacunación para bebés:

- Reduce el riesgo de tos ferina en un **78 %**
- Reduce el riesgo de gripe entre un **64 y un 81 %**

2 PROTECTS 2 | FAMILIES FIGHTING FLU, INC. | Partnership for Maternal & Child Health of Northern New Jersey

https://www.familiesfightingflu.org/flu-educational-materials/

www.vaccinateyourfamily.org/current-flu-season

Flu Vaccine coverage rate pregnant people as of 12/21

- Flu vaccination coverage for pregnant persons 18 to 49 years:
  - 11.3 percentage points lower this season as of December 2021 compared with last season at the end of December 2020 (50.0% compared to 61.3%)
- Coverage this season as of December 2021 is 22.7% percentage points lower for non-Hispanic Black pregnant persons than non-Hispanic White pregnant persons (28.2% compared to 50.9%)
- Flu vaccination coverage for pregnant persons 18 to 49 years is lower for all race/ethnicity groups as of the end of December 2021 compared with the end of December 2020:
  - 8.1 percentage points lower for non-Hispanic Black pregnant persons (28.2% compared to 36.3%)
  - 11.3 percentage points lower for non-Hispanic White pregnant persons (50.9% compared to 62.2%)
  - 12.8 percentage points lower for Hispanic/Latino pregnant persons (48.7% compared to 61.5%)
  - 10.6 percentage points lower for non-Hispanic Other race/ethnicity pregnant persons (49.2% compared to 59.8%)
  - 11.5 percentage points lower for non-Hispanic Asian pregnant persons (66.6% compared to 78.1%)

Question 7:

Healthy people do not need to get the flu vaccine

- True
- False

Answer 7:

- **False.**
- Everyone 6 months and older who is healthy, as well as, someone with a history of an underlying medical condition is eligible for a flu vaccine
- Flu disease affects, and though it is rare, can lead to hospitalizations and deaths in healthy people as well as people with underlying medical conditions

https://www.familiesfightingflu.org/flu-educational-materials/

Question 8

- If someone received a flu vaccine last flu season, they do not need to get one this flu season
  - True
  - False

Answer 8:

False. A flu vaccine is needed every year for two reasons.

- First, a person's immune protection from vaccination declines over time, so an annual flu vaccine is needed for optimal protection.
- Second, because flu viruses are constantly changing, the composition of flu vaccines is reviewed annually and vaccines are updated to protect against the viruses that research indicates will be most common during the upcoming flu season.

For the best protection, everyone 6 months and older should get vaccinated **annually.**

https://www.cdc.gov/flu/prevent/keyfacts.htm

Question 9

- After getting a flu vaccine, you are considered protected in:
  - 2 days
  - 7 days
  - 2 weeks
  - 5 days

Answer 9:

How quickly does a flu vaccine work?

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's best to get vaccinated before influenza viruses start to spread in your community.

https://www.cdc.gov/flu/prevent/keyfacts.htm

Question 10

- You can still get the flu after getting the flu vaccine
  - True
  - False

Answer 10a:

Yes. It's possible to get sick with flu even if you have been vaccinated (although you won't know for sure unless you get a flu test). This is possible for the following reasons:

- You may be exposed to a flu virus shortly before getting vaccinated or during the period that it takes the body to gain protection after getting vaccinated. This exposure may result in you becoming ill with flu before the vaccine begins to protect you. (Antibodies that provide protection develop in the body about 2 weeks after vaccination.)

https://www.cdc.gov/flu/prevent/keyfacts.htm

Answer 10b:

- You may be exposed to a flu virus that is not included in the seasonal flu vaccine. There are many different flu viruses that circulate every year. A flu vaccine is made to protect against the three or four flu viruses that research suggests will be most common.
- Unfortunately, some people can become infected with a flu virus a flu vaccine is designed to protect against, despite getting vaccinated. Protection provided by flu vaccination can vary widely, based in part on health and age factors of the person getting vaccinated. In general, a flu vaccine works best among healthy younger adults and older children. Some older people and people with certain chronic illnesses may develop less immunity after vaccination. Flu vaccination is not a perfect tool, but it is the best way to protect against flu infection.

https://www.cdc.gov/flu/prevent/keyfacts.htm


#NoTimeForFlu

Video Resources

Myth Buster: Why Should I Get an Annual Flu Vaccine?

Share this Video:

Myth Buster: Flu Vaccines Do Not Cause The Flu

Share this Video:

- [Families Fighting Flu mythbuster videos]

COVID-19 disease and Flu disease
Ideas for co-messaging

AIM/iREACH infographic FLU and COVID

Priority Groups for COVID-19 Vaccine

- Older adults
- Many racial and ethnic minority groups
- People with disabilities
- Pregnant women
- People with medical conditions including:
  - Cancer
  - Chronic kidney disease
  - Chronic lung disease including,
  - Dementia or other neurological conditions
  - Diabetes
  - Down Syndrome
  - Heart conditions
  - HIV infection
  - Immunocompromised state (weakened immune system)
  - Liver disease
  - Overweight and obesity
  - Pregnancy
  - Sickle cell disease or thalassemia
  - Smoking, current or former
  - Solid organ or blood stem cell transplant (bone marrow transplant)
  - Stroke
  - Substance use disorders (alcohol, cocaine, etc)
  - Note: This list does not include all possible medical conditions, especially rare one.

Some people are at higher risk of developing serious complications if they get the flu. Priority groups include:

- Older adults
- Pregnant women
- Young children (under 2 years old)
- Certain Racial and ethnic minority groups
- People with disabilities
- People with chronic medical conditions, including:
  - Asthma
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  - Diabetes and other endocrine disorders
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- Obesity
- People younger than 19 years old on long-term aspirin
- People with a weakened immune system
- People living in nursing homes or long-term care facilities

Can I have Flu and COVID-19 infection at the same time?

- Yes. It is possible to have flu and other respiratory illnesses like COVID-19 at the same time.
- Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone.
- Diagnostic testing can help determine if you are sick with flu or COVID-19.

Question 11:

By getting the flu vaccine, it will also protect me against COVID-19.

- YES
- NO

Answer 10:

- **No.** Flu vaccines are not designed to protect against COVID-19.
- Flu vaccination reduces the risk of flu illness, hospitalization and death in addition to other important benefits.
- Likewise, getting a COVID-19 vaccine is the best protection against COVID-19, but those vaccines are not designed to protect against flu.
- Visit the CDC's Frequently Asked Questions page for information about COVID-19 vaccinations.

Does flu vaccination increase your risk of getting COVID-19?

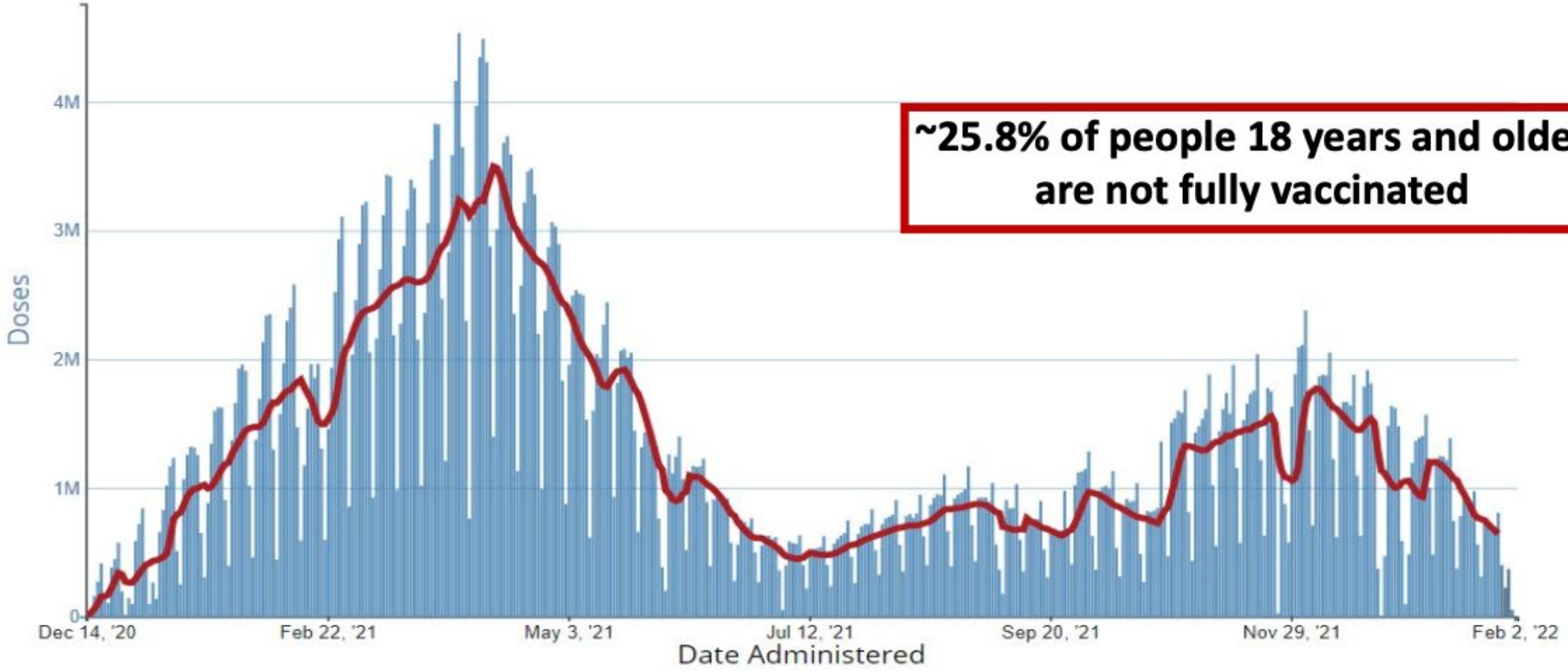
- No.
- There is no evidence that getting a flu vaccination raises your risk of getting sick from COVID-19 or any other coronavirus. (Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold.)

Who should get the vaccines?

- **Flu Vaccine**
  - Everyone aged 6 months and older, with rare exceptions.
- **COVID-19 Vaccine**
  - Everyone age 5 years and older, without contraindications to the vaccine.

Daily trends in doses of COVID-19 vaccine administered

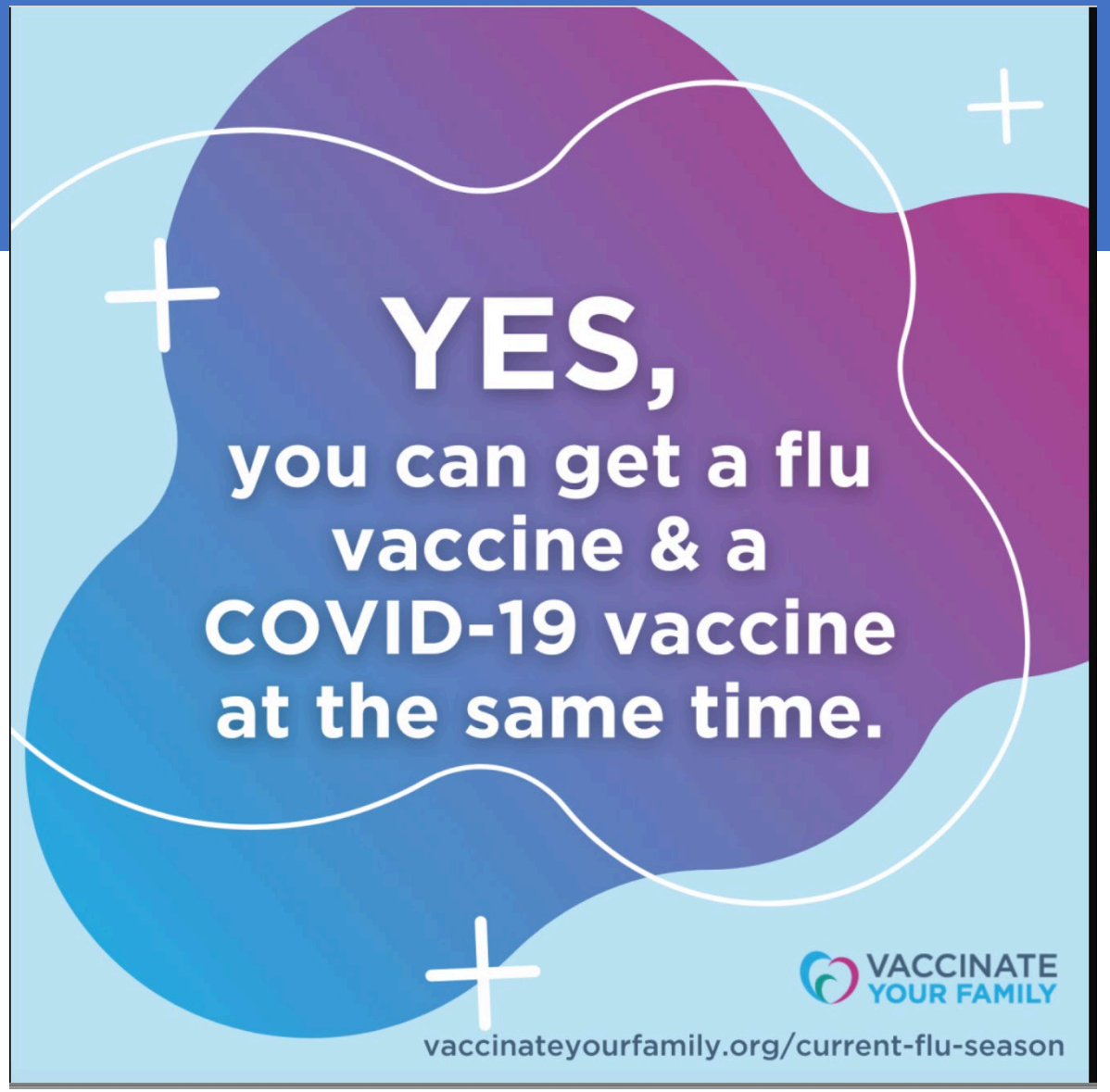
December 14, 2020 – February 1, 2022



CDC COVID Data Tracker. https://covid.cdc.gov/covid-data-tracker/#vaccinations_vacc-total-admin-rate-total Accessed February 3, 2022

Can I get a COVID-19 vaccine and flu vaccine at the same time?

- **Yes.** You can get a COVID-19 vaccine and other vaccines at the same visit.
- Increased risk of side effects when COVID-19 vaccine and other vaccines such as adjuvanted or high dose flu vaccine, are given at the same time.
  - Providers should counsel patients about risk of increased risk of reactogenicity (side effects) such as fever, soreness or redness at injection site.
  - Providers should consider placing each vaccine in a different arm



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