

ROUTINE VACCINATIONS FOR ADULTS > 50y/o

	Shingles	Pneumococcal	Influenza
Vaccine	Shingrix® (preferred) Zostavax®	PCV13 - Prevnar 13® PPSV23 - Pneumovax 23®	Fluzone®/Fluzone High Dose - quadrivalent Flublok® – quadrivalent* Fluad® - trivalent/quadrivalent
Timing	<p>Shingrix (preferred)</p> <ul style="list-style-type: none"> Adults ≥ 50: 2 doses that are 2-6 months apart, regardless of previous herpes zoster or Zostavax vaccination Give Shingrix at least 2 months after Zostavax if previously given <p>Zostavax</p> <ul style="list-style-type: none"> Adults ≥ 60: 1 dose 	<p>PCV13</p> <ul style="list-style-type: none"> Adults ≥ 65 (high-risk) 1 dose if not given before Adults ≥ 65 (non-high risk): shared decision w PCP and patient <p>PPSV23</p> <ul style="list-style-type: none"> Adults ≥ 65: 1 dose <ul style="list-style-type: none"> At least 1 year after PCV13 (8 weeks if high risk person) At least 5 years after any PPSV23 dose (if given before 65) 	<p>All Flu Vaccines</p> <ul style="list-style-type: none"> 1 dose in September – October every year Can get it in January or later
Frequency	<p>Shingrix: 1 per lifetime</p> <p>Zostavax: 1 per lifetime</p>	<p>PV13: 1 per lifetime</p> <p>PPSV23: 1-3 per lifetime</p>	All flu vaccines: 1 per year
Side Effects	<ul style="list-style-type: none"> Sore arm with mild to moderate pain Redness or swelling at injection site Tiredness, muscle pain, headache, shivering, fever, stomach pain, and nausea 	<ul style="list-style-type: none"> Redness, swelling, pain, or tenderness at injection site Fever, loss of appetite, fussiness, tiredness, headache, muscle aches, and chills 	<ul style="list-style-type: none"> Soreness, redness, and swelling and injection site Fever, muscle aches, and headache 0.002% increased risk of Guillain-Barre Syndrome (GBS) with flu vaccines
Cost**	<ul style="list-style-type: none"> Medicare Part D covers cost, but not at 100% 	<ul style="list-style-type: none"> Medicare Part B covers 100% when given <u>once a year</u> 	<ul style="list-style-type: none"> Medicare Part B covers 100% when given <u>once a year</u>
Availability	Doctor's office or Local Pharmacy		
Mechanism	<ul style="list-style-type: none"> Shingrix: inactivated Zostavax: live 	<ul style="list-style-type: none"> PCV13: inactivated PPSV23: inactivated 	<ul style="list-style-type: none"> Fluzone: inactivated Fluad: inactivated
Additional Information	<ul style="list-style-type: none"> About 1 in 3 people will develop shingles in their lifetime in U.S. 2 doses of Shingrix are more than 90% effective at preventing shingles. 	<ul style="list-style-type: none"> Pneumococcal diseases cause 50,000 deaths annually in U.S. 1 dose of PPSV23 protects 50-85% of healthy adults against invasive pneumococcal disease. At least 1 dose of PV13 protects 75% adults 65 years or older against invasive pneumococcal disease. 	<ul style="list-style-type: none"> Flu has caused 9 million – 45 million illnesses and 12,000 – 61,000 deaths annually since 2010 in U.S. Flu vaccination reduces the risk of flu by 40% - 60% in the overall population. High dose vaccines (Fluzone High-Dose and Fluads) are recommended for ≥65y/o.

*egg free vaccine

**Coverage may vary for commercial insurances. Please check insurance plan.

COMMON QUESTIONS AND ANSWERS ABOUT VACCINATIONS

- Are vaccines safe?
 - Yes, before approval vaccine in the United States undergoes testing and evaluation by the FDA for safety and efficacy. After approval, pharmaceutical companies and the CDC continue to test vaccines and monitor the safety of the vaccines
- What are the common side effects from vaccines?
 - Most side effects are minor/mild these include: redness, soreness, swelling, or itching at the site of the injection. Other side effects: fever, fatigue, muscle aches, nausea, and headache. Serious reactions are very rare.
- Why do I need to be immunized?
 - Some diseases are very rare in the U.S., and a large part of that is due to people getting their vaccinations. If people stop being protected through vaccinations, then larger outbreaks could occur.
- Can a flu vaccine give me the flu?
 - No, Flublok and Fluzone are made from a killed viruses, so it is not infectious. Your body cannot replicate the virus and cause the flu. Any vaccine could trigger an immune response, which include mild symptoms such as muscle aches or a low-grade fever.
- Can I still get the flu if I get the vaccination?
 - Yes, it is possible to still get the flu even if you did get the immunization. Below are some potential reasons:
 - Exposure to the flu very quickly after the vaccine - It takes about two weeks after vaccination for your body to develop the appropriate antibodies to protect you against the flu.
 - The flu vaccine is made to protect against 3 - 4 viruses that are predicted to be the most common during that flu season. Unfortunately, the predictions are not always accurate and you could catch a flu virus not in the vaccine.
 - Some people have a better immune response than others to the flu shot due to various health and age-related factors.
- I've never had the flu. Why do I need to get the flu shot?
 - The flu vaccine may not be 100% effective, but it gives you and the others the best protection against the flu. The flu vaccination has been shown to reduce the severity of the flu in people who get vaccinated compared to those who did not get vaccinated.
- Does a flu vaccine increase your risk of getting COVID-19?
 - There is no evidence that getting a flu vaccine increases your risk of getting sick from a coronavirus. Per the CDC, getting a flu vaccine during 2020-2021 season will help protect yourself and the people around you from flu, and will help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

COVID-19 VACCINATION INFORMATION

Currently, there is no vaccine to prevent infection with the COVID-19 virus. Past research on SARS and MERS vaccines, which are similar to COVID- 19, has enabled researchers to accelerate the vaccine development process. Below is a link from Infectious Disease Society of America with up to date information about the COVID-19 vaccination research and availability:

<https://www.idsociety.org/covid-19-real-time-learning-network/vaccines/vaccines/>