

# Know What's Changed With Flu Immunization for 2022-2023

You'll need to know **what's new with flu vaccines for 2022-2023**.

All influenza vaccines will be quadrivalent again this season...with 1 updated A strain and 1 updated B strain.

**Which flu vaccine is “best”?** For patients age 65 and up, use a higher-dose or adjuvanted vaccine...*Fluzone High-Dose*, *Flublok*, or *Fluad*. It's the first time CDC recommends these over standard-dose.

Mounting evidence suggests these vaccines are more effective than standard-dose for seniors...especially to reduce flu hospitalizations.

Use any of these vaccines you have in stock. *Fluzone High-Dose* has the most evidence, but the data often reflect just 1 or 2 seasons.

If these vaccines aren't available, use standard-dose...don't wait.

Be aware, some specialist groups now suggest a high-dose or adjuvanted flu vaccine for immunocompromised adults under 65. But there's not yet evidence that these vaccines prevent more flu in these patients.

Continue to use ANY age-appropriate injectable flu vaccine for most patients under age 65. Or consider intranasal *FluMist* as an option for healthy, NONpregnant patients 2 through 49.

**When is the right time to vaccinate?** CDC recommends to start vaccinating most patients in September...not July or August, due to potential waning immunity before flu season ends.

But don't give a flu “booster”...regardless of when patients get this year's vaccine.

**How effective are flu vaccines?** Acknowledge that last year's vaccines reduced flu cases by about 35%. Plus the season was mild.

But remind hesitant patients that each season is different.

Emphasize that even when a flu vaccine isn't well matched to circulating strains, it still reduces risk of flu...and its severity.

**Will there be a combo COVID-19/flu vaccine?** Explain that studies are ongoing...but a combo won't be available this fall.

Reinforce getting BOTH vaccines, if needed. And continue to give all other needed vaccines (pneumococcal, Tdap, etc) at the same visit.

Use our resource, *Flu Vaccines for 2022-23*, to find immunization guidance for kids, pregnant patients, and people with an egg allergy.

## Key References:

-MMWR Morb Mortal Wkly Rep. 2022 Jul 22;71(29):913-919

-<https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2022-06-22-23/03-influenza-grohskopf-508.pdf>  
(8-25-22)

-<https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2022-06-22-23/04-influenza-grohskopf-508.pdf>  
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