



# FACT SHEET

## Influenza Vaccination

### Recommendations for the 2024-2025 Flu Season

The American Academy of Family Physicians developed this fact sheet to help you have open, transparent conversations about influenza vaccination with your patients and effectively implement recommendations for the 2024-2025 flu season. **The AAFP recommends routine annual influenza vaccination for all patients 6 months and older who do not have contraindications.**

Here are five key facts for the current influenza season:

1. **Vaccine acceptance** – Patients are more likely to accept a vaccine recommendation from a source they know well and trust, such as their family physician, a care team member or community leaders.
2. **Coadministration** – The influenza vaccine can be coadministered with other vaccines, such as the following: COVID-19; respiratory syncytial virus; tetanus, diphtheria and pertussis; and pneumococcal.
3. **Vaccination timing** – Influenza vaccination in July and August is not recommended for certain populations. It is recommended that most people

who only need one dose of an influenza vaccine for the flu season should be vaccinated in September or October. Influenza vaccinations should continue throughout the season as long as influenza viruses are circulating.

4. **Older adults** – Adults 65 and older should preferentially receive a high-dose inactivated, adjuvanted inactivated or recombinant influenza vaccine. If one of these options is not available, the standard influenza vaccine should be administered.
5. **People with history of egg allergy** – Studies have shown that there is minimal risk to giving patients who have an egg allergy any influenza vaccine that is appropriate for their age and health status. These patients may receive either an egg-based or non-egg-based vaccine.

Family physicians and care teams can protect patients from severe illness and health complications by strongly recommending influenza vaccination as soon as it is available each year and providing the vaccine throughout the flu season.

### Facts About the Flu Vaccine

Building trust and confidence in the importance of influenza vaccination has been challenging over the years, particularly among certain age groups and populations. Many patients are hesitant about influenza vaccines due to misconceptions, misinformation and disinformation circulating through various communication channels. It is crucial for you to be prepared to counter falsehoods about the influenza vaccine with accurate information so you can effectively recommend vaccination to your patients.

False Scenario	Fact
The flu vaccine will make me sick.	You cannot get the flu from the influenza vaccine. Some people report mild side effects after getting vaccinated against influenza, but these usually resolve in one to two days. Side effects may include soreness, redness or swelling at the injection site; low-grade fever; headache; and muscle aches.
It's better to get sick with the flu than to get the flu vaccine.	Even healthy people who contract the flu can face serious health complications that may increase the risk of hospitalization or death.
I don't need a flu vaccine this year because I got one last year.	The AAFP recommends annual influenza vaccination for everyone 6 months and older because vaccine protection may wane over time and flu viruses change every year.
The flu vaccine increases my risk of getting COVID-19.	There is no evidence that getting an influenza vaccine will increase your risk of getting sick from a coronavirus like COVID-19 or any other respiratory virus.
My immune system is fine, so I don't need to get vaccinated.	Getting vaccinated not only protects you but also those around you, including people who are vulnerable to serious health complications from the flu.
I can't get the flu vaccine because I'm pregnant.	The AAFP recommends influenza vaccination for all pregnant people, including those who are scheduled to deliver during flu season. The influenza vaccine not only protects pregnant people but also provides the added benefit of protecting newborns until they can be vaccinated at 6 months of age.
I didn't get the flu vaccine early enough in the season, so it's too late to get it now.	It is best to get the influenza vaccine by the end of October, but the flu season can last until January or later. Vaccinations should continue throughout the season as long as influenza viruses are circulating. It is better to get vaccinated later in the flu season than not at all.