

Annual Flu Vaccine Update

The Centers for Disease Control and Prevention (CDC) estimates there were almost 43 million influenza illnesses and over 61,000 related deaths during the 2018-19 flu season.¹ The CDC recommends annual flu vaccination for everyone age ≥ 6 months with rare exception. Flu vaccination has been shown to significantly reduce the risk of flu-associated hospitalizations and intensive care unit admissions.²

Vaccine Updates and Recommendations for the 2019-20 Influenza Season³

- Trivalent vaccines will contain: hemagglutinin (HA) derived from A/Brisbane/02/2018 (H1N1)pdm09, A/Kansas/14/2017 (H3N2), and B/Colorado/06/2017-like viruses.
- Quadrivalent vaccines will contain an additional strain: B/Phuket/3073/2013.
- Routine annual influenza vaccination is recommended for all persons age 6 months or older without contraindications.
- Vaccination should be offered by the end of October to maximize likelihood of persistence of immunity and to allow time for immunity to develop before the onset of influenza activity in the community. Vaccination should continue to be offered as long as influenza viruses are circulating, and unexpired vaccines are available.
- Persons 6 months – 8 years old require two doses of 2019-2020 influenza vaccine separated ≥ 4 weeks apart if they did not receive ≥ 2 doses of flu vaccine before July 1, 2019 or flu vaccination history is unknown.
- Fluzone quadrivalent 0.5 mL and Afluria quadrivalent 0.25 mL age indications have expanded to age ≥ 6 months.
- Live Attenuated Influenza Vaccine is an option for nonpregnant persons age 2-49 years without contraindications.
- Persons with a history of allergic reactions after egg ingestion should receive any licensed, recommended, age-appropriate flu vaccine if not contraindicated.
- Any provider who administers any vaccine to any individual must have the personnel, medications, and resuscitative equipment available to treat potential anaphylaxis.

Influenza Vaccine Products for the 2019-2020 Influenza Season⁴:

Vaccine	Trade Name	HA per dose (mcg/mL) [#]	Age	Route [*]
Quadrivalent Inactivated Influenza Vaccines (IIV4s)	Afluria Quadrivalent [‡]	7.5 mcg / 0.25 mL	6 – 35 mos	IM
		15 mcg / 0.5 mL	≥ 3 yrs	
	Fluarix Quadrivalent	15 mcg / 0.5 mL	≥ 6 mos	IM
	Flucelvax Quadrivalent [†]	15 mcg / 0.5 mL	≥ 4 yrs	IM
	Flulaval Quadrivalent	15 mcg / 0.5 mL	≥ 6 mos	IM
	Fluzone Quadrivalent [‡]	7.5 mcg / 0.25 mL	6 – 35 mos	IM
		15 mcg / 0.5 mL [^]	≥ 6 mos	
Quadrivalent Recombinant Influenza Vaccine (RIV4)	Flublok Quadrivalent	45 mcg / 0.5 mL	≥ 18 yrs	IM
Quadrivalent Live Attenuated Influenza Vaccine (LAIV4)	FluMist Quadrivalent	10 units / 0.2 mL (0.1mL/nostril)	2 – 49 yrs	IN
Trivalent Adjuvanted Inactivated Influenza Vaccine (aIIV3)	Fluad	15 mcg / 0.5 mL	≥ 65 yrs	IM
Trivalent High-Dose Inactivated Influenza Vaccine (HD-IIV3)	Fluzone High-Dose	60 mcg / 0.5 mL	≥ 65 yrs	IM

^{*}IM: Intramuscular, IN: Intranasal; [#]LAIV4 dose unit is in fluorescent focus units (virus count) per mL; [‡]age indication expanded to ≥6 months; [^]0.5mL per dose age expanded to ≥6 months; [†]cclIV: cell-culture based influenza vaccine

References:

1. 2018-2019 U.S. Flu Season: Preliminary Burden Estimates. Reviewed on September 23, 2019. Available at <https://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm>. Accessed on October 4, 2019.
2. Vaccine Effectiveness: How Well Do the Flu Vaccines work? Reviewed on October 12, 2018. Available at <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>. Accessed on October 4, 2019.
3. Lisa A. Grohskopf, et al. "Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunizations Practices – United States, 2019-20 Influenza Season." Available at https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s_cid=rr6803a1_w. Accessed on October 7, 2019.
4. US 2019-20 influenza season. Reviewed on August 22, 2019. Available at <https://www.cdc.gov/flu/professionals/vaccines.htm>. Accessed on October 7, 2019.

The CalOptima Approved Drug List is available on our website: www.caloptima.org
and for smart phone download at www.epocrates.com