



# Fluzone® High-Dose Quadrivalent (a four-ingredient) Flu Vaccine

The U.S. Department of Veterans Affairs (VA) wants staff and patients to learn more about Fluzone® High-Dose Quadrivalent flu vaccine and who can receive it.

## What is high-dose quadrivalent flu vaccine?

High-dose quadrivalent vaccine may be used in VA for people aged 65 years and older. It can protect you from four types of flu. Like most flu vaccines, it is made through an egg-based process and given in the upper arm. It has been used in the United States since 2010.

**Getting a flu shot is  
the best way to protect  
yourself from flu.**

## High-dose quadrivalent vs. standard-dose?

All seasonal flu vaccines approved in the United States protect you from flu. Flu vaccines have antigens. Antigens are substances that help your body protect itself from flu. Fluzone® High-Dose Quadrivalent has four times the antigen than other vaccines.

## Who can receive high-dose quadrivalent flu vaccine?

In the United States, you can receive high-dose quadrivalent if you are 65 years of age or older. It is not for people with a history of severe allergic reaction to the vaccine or its ingredients. If you are allergic to eggs you can still receive this vaccine. Talk to your provider or learn more at <https://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm112854.htm>

## Is high-dose quadrivalent better or safer than other flu vaccines?

The Centers for Disease Control and Prevention (CDC) does not regard any one flu vaccine as safer or better than others for adults. Most flu vaccines can protect you from four types of flu strains (quadrivalent). Others can protect you from three types (trivalent). All vaccines offered at VA this flu season protect against four types.



Some side effects reported from other flu vaccines may occur more often with high-dose quadrivalent. Most are mild to moderate and are temporary. The most common side effects are pain, redness at the shot site, headache, muscle aches, and fatigue.

*Fluzone® High-Dose is manufactured  
by Sanofi Pasteur Inc., Swiftwater, PA 18370*

