Preventing Flu

IMMUNIZE KANSAS COALITION

Overview

- **Lesson 1**: The Burden of Flu
- **Lesson 2**: “Why I want you to be vaccinated”
- **Lesson 3**: How well protected is the Kansas Community?
  - Section A
  - Section B
- **Lesson 4**: Start with a more effective recommendation
- **Lesson 5**: Quick answers to common family and provider questions
- **Lesson 6**: Beyond Communication: doing better!
- **Lesson 7**: Wrap Up
  - Resources
  - Getting CE Credit
  - #KansasFightsFlu

IKC IMMUNIZE KANSAS COALITION

Lesson 1:
The Burden of Flu

IMMUNIZE KANSAS COALITION

Is it a Cold or Flu?

Signs and Symptoms	Cold	Flu
Symptom Onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly Common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

Reference: https://www.cdc.gov/flu/about/coldflu.html

IKC IMMUNIZE KANSAS COALITION

Test Your Knowledge!

- Fever is more common with _____
- Sneezing is more common with _____
- An abrupt onset is more common with _____
- A gradual onset is more common with _____
- A stuffy nose is more common with _____
- Aches and headache are more common with _____

IKC IMMUNIZE KANSAS COALITION

Test Your Knowledge!

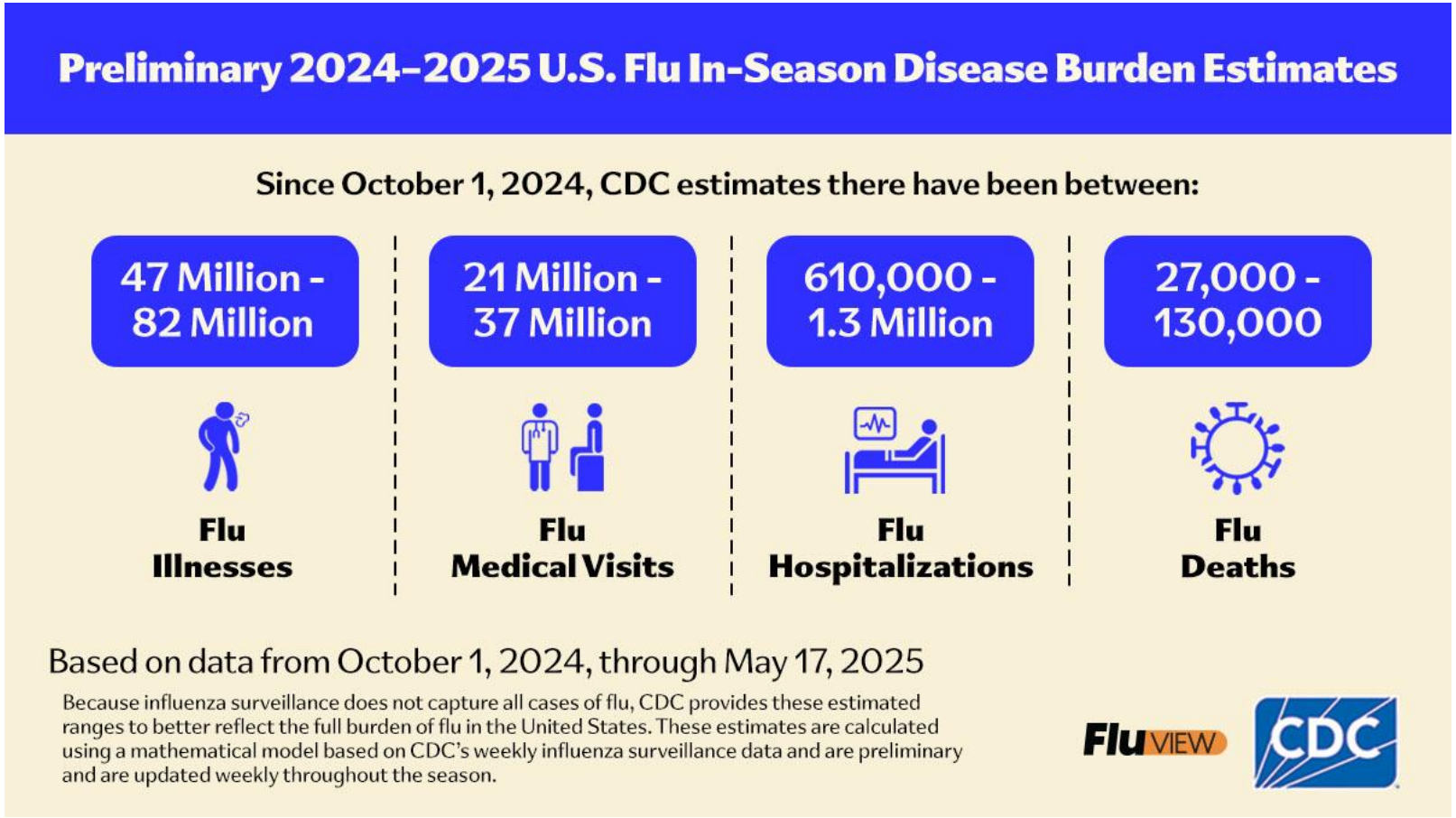
- Fever is more common with **flu**
- Sneezing is more common with **a cold**
- An abrupt onset is more common with **flu**
- A gradual onset is more common with **a cold**
- A stuffy nose is more common with **a cold**
- Aches and headache are more common with **flu**

IKC IMMUNIZE KANSAS COALITION

The Burden of Flu

In a single year in the U.S., the burden of influenza is huge.

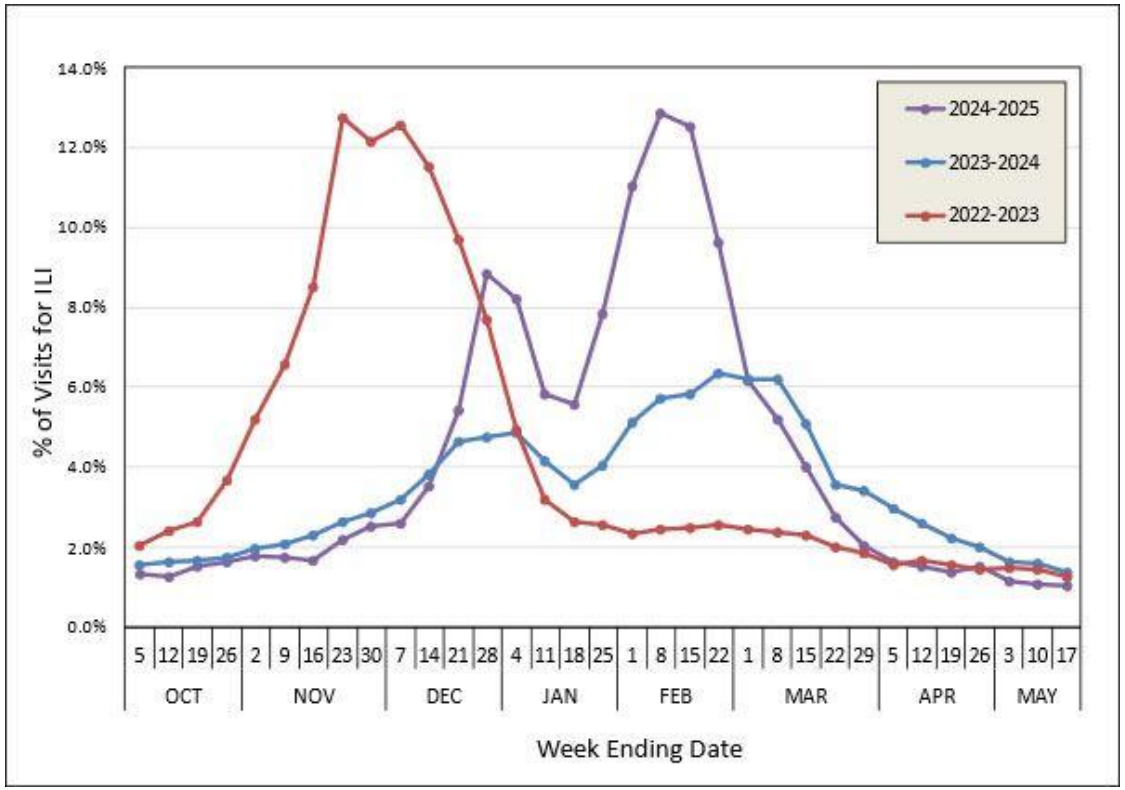
Let's take a look at the previous flu season from October 1, 2024, to May 17, 2025



Reference: www.cdc.gov/flu-burden/php/data-vis/2024-2025.html

IKC IMMUNIZE KANSAS COALITION

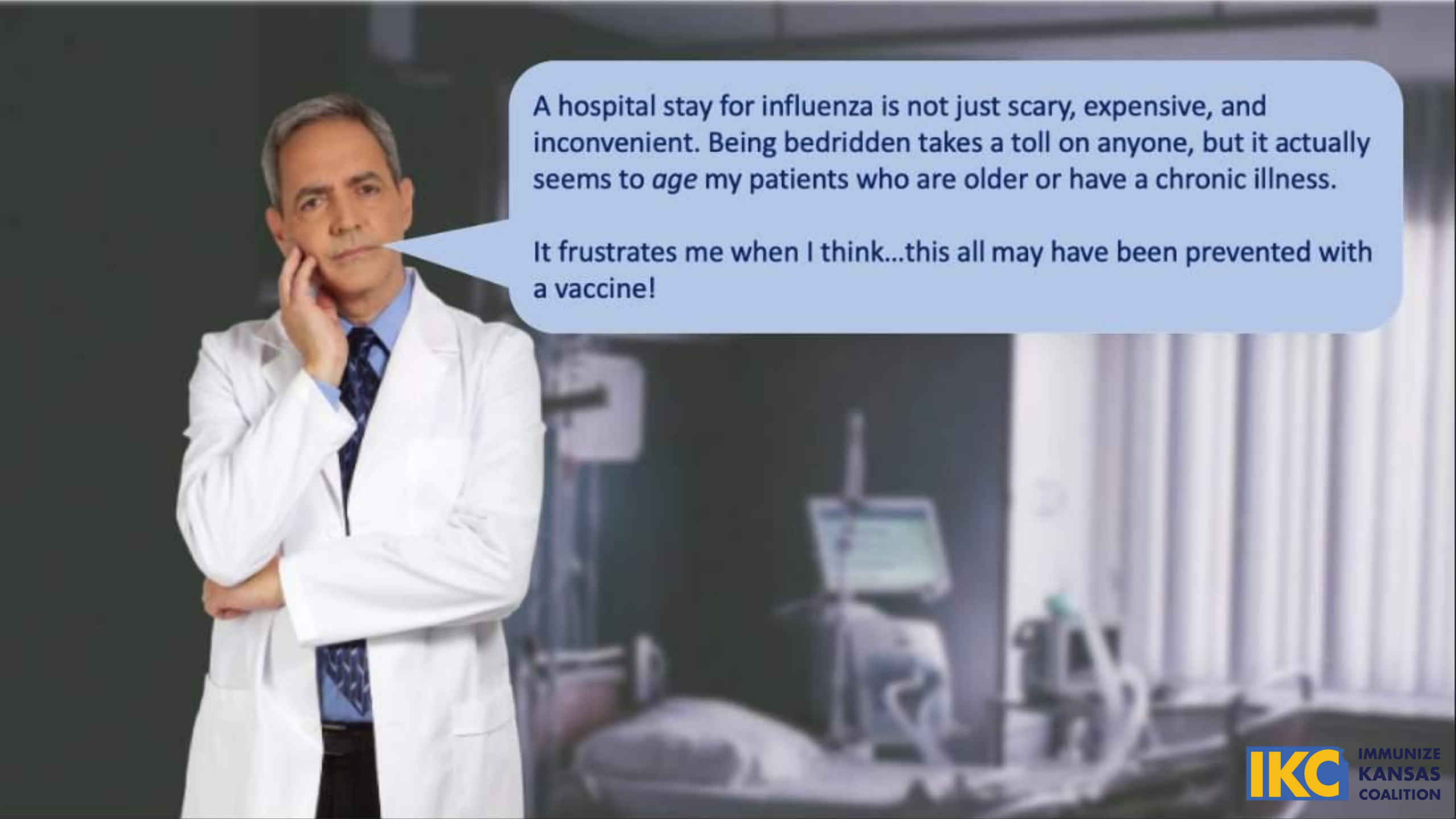
Was Kansas hit this hard?



- Yes! In the 2024 – 2025 flu season, flu was a related cause of death for **225 people**.
- During the worst weeks of the 2024-2025 flu season, more than 13% of Emergency Department visits in Kansas were associated with influenza-like illness.

Reference:
www.kdhe.ks.gov/1476/Influenza-Surveillance

IKC IMMUNIZE KANSAS COALITION


A hospital stay for influenza is not just scary, expensive, and inconvenient. Being bedridden takes a toll on anyone, but it actually seems to *age* my patients who are older or have a chronic illness.
It frustrates me when I think...this all may have been prevented with a vaccine!
IKC
IMMUNIZE KANSAS COALITION

the benefits of flu vaccination 2021-2022

www.cdc.gov/flu

Flu vaccination in the U.S. during the 2021-2022 season prevented an estimated:

1.8 million flu illnesses

More than the combined number of people who live in Vermont and Rhode Island

1.0 million flu medical visits

More than the number of people who live in Austin, Texas

22,000 flu hospitalizations

Equivalent to preventing about 60 hospitalizations per day over the course of a year

1,000 flu deaths

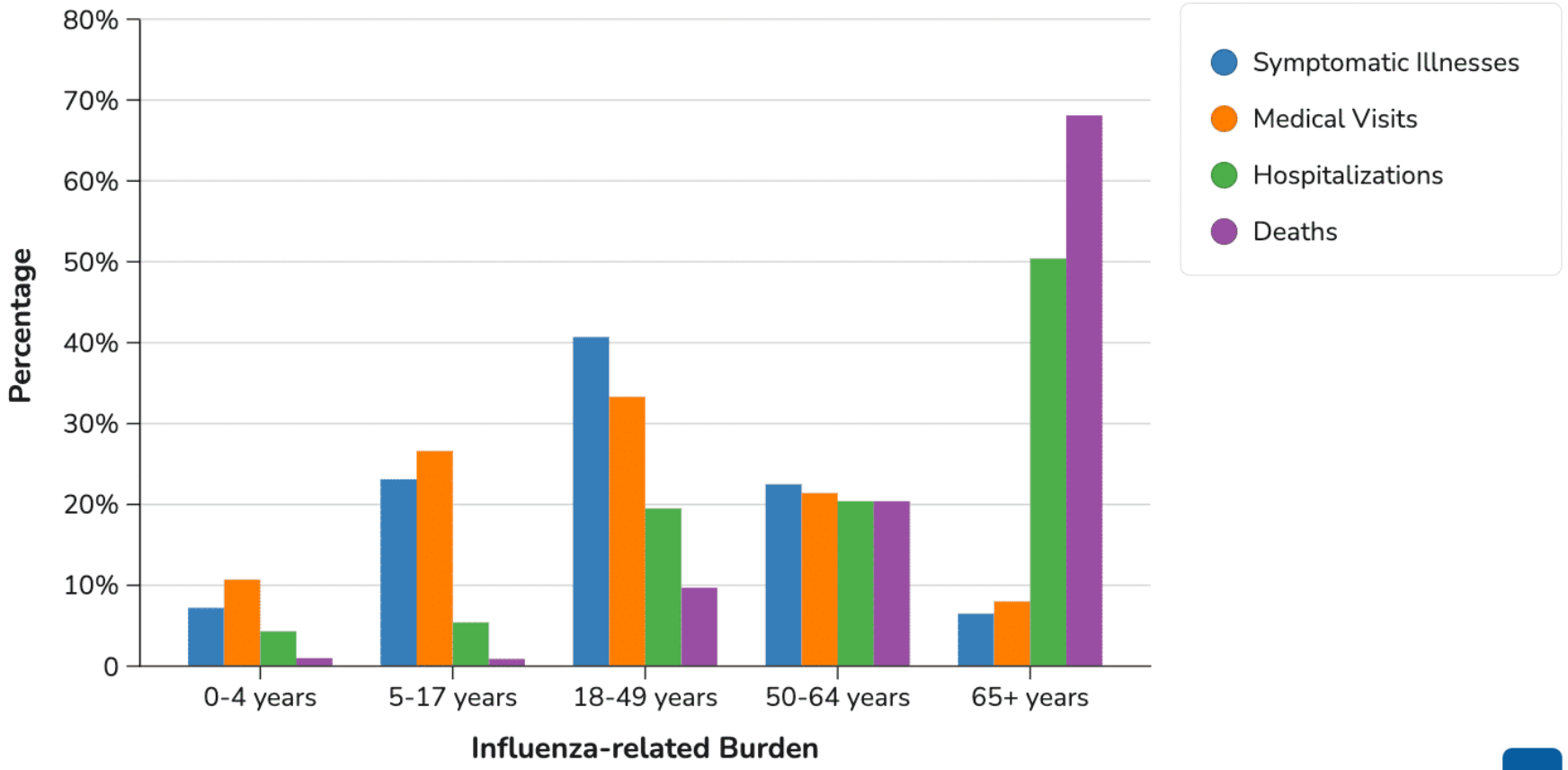
About the number of people it would take to fill two Boeing 747 airplanes

Reference: https://archive.cdc.gov/www_cdc_gov/flu/resource-center/freeresources/graphics/flu-vaccine-protected-infographic.htm

IMMUNIZE KANSAS COALITION

Who should be reminded to get the flu vaccine?

The table below shows the estimated rates of influenza-associated disease outcomes, **per 100,000 people** in that age group, in the U.S. for the 2023-2024 influenza season.



Reference: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/flu-burden/php/data-vis/2023-2024.html

IMMUNIZE KANSAS COALITION

Test Your Knowledge!

Try to match each age-group with its correct description

Age 65+ years	Highest rate per 100,000 of flu-related hospitalization & death
Age 18-49 years	2nd highest rate of flu-related death
Age 50-64 years	Highest rate per 100,000 of flu-related symptomatic illness & medical visit

IKC IMMUNIZE KANSAS COALITION

Test Your Knowledge!

Age 65+ years	Highest rate per 100,000 of flu-related hospitalization & death

Correct

Age 50-64 years	2nd highest rate of flu-related death

Correct

Age 18-49 years	Highest rate per 100,000 of flu-related symptomatic illness & medical visit

Correct

IKC IMMUNIZE KANSAS COALITION

Scarlett's Story

If statistics don't move you, these stories will.

Families Fighting Flu is a national, nonprofit, advocacy organization dedicated to protecting children, families, and communities against the flu.

They offer a web page
with emotional stories of families whose lives have been permanently altered by the flu.
Anyone who isn't impressed with how bad influenza is should watch the heart-wrenching story below.

More family stories can be found at the website of Families Fighting Flu:
https://www.familiesfightingflu.org/family-stories/

IKC IMMUNIZE KANSAS COALITION

What we've learned so far...

- Flu is **more severe** than common cold
- Even if you don't care about getting the flu yourself, **it's worth getting the vaccine so you don't spread flu** to your parents, grandparents, babies, and grandbabies!
- Flu carries with it an **enormous burden** of illness, hospitalization, and death year after year
- The people at greatest risk for flu-related hospitalization are seniors. People aged **50-64 and young children** are also at notable risk.
- In short... the flu is one bad bug!

IKC IMMUNIZE KANSAS COALITION

Lesson 2: “Why I want you to be vaccinated”

Patients need to know why you are recommending the flu vaccine for them.

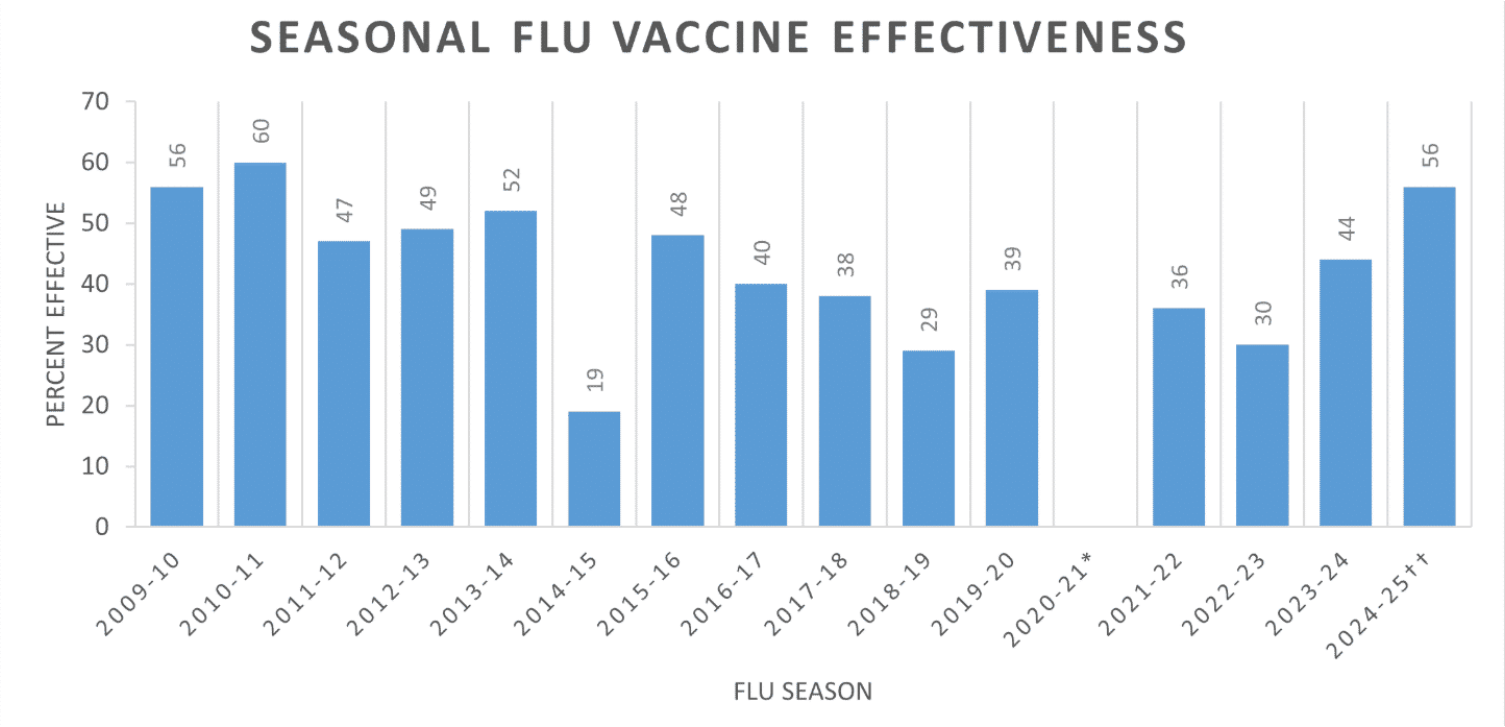
The following lesson contains **four key concepts** about the flu vaccine:

IMMUNIZE KANSAS COALITION

PREVENT SICKNESS	REDUCE SEVERITY	PREVENT SPREAD	SAFE

Flu vaccine's effectiveness varies from year to year. This depends largely on two factors:

- Characteristics of the person being vaccinated (e.g., age).
- The “match” between the flu viruses spreading in the community and the flu viruses the flu vaccine is designed to protect against.



You can say to patients:
Usually, flu vaccine reduces the risk of having to go to the doctor with flu by 40-60%.

References:
www.cdc.gov/flu-vaccines-work/benefits/?CDC_AAref_Val
www.cdc.gov/flu-vaccines-work/php/effectiveness-studies/?CDC_AAref_Val

IKC IMMUNIZE KANSAS COALITION

PREVENT SICKNESS	REDUCE SEVERITY	PREVENT SPREAD	SAFE

Flu vaccine reduces the severity of flu.
Even though the flu vaccines are imperfect and the uptake is not optimal, the benefit of the flu vaccine is still great.

This is demonstrated by the number of illnesses, hospitalizations, and deaths prevented by influenza vaccine during the 2024-2025 flu season.

You can say to patients:
Although some vaccinated people still get flu symptoms, your risk of severe illness requiring a doctor's visit, hospital stay, or treatment in intensive care is much less if you get the vaccine.

References:
Frutos, et al. Interim Estimates of 2024–2025 Seasonal Influenza Vaccine Effectiveness — Four Vaccine Effectiveness Networks, United States, October 2024–February 2025 https://www.cdc.gov/mmwr/volumes/74/wr/pdfs/mm7406a2-H.pdf
Rondy, et al. Effectiveness of influenza vaccines in preventing severe influenza illness among adults: A systematic review and meta-analysis of test-negative design case-control studies https://www.ncbi.nlm.nih.gov/pubmed/28935236
Rolfes, et al. Effects of influenza vaccination in the United States during the 2017–2018 influenza season https://doi.org/10.1093/cid/ciz075

IKC IMMUNIZE KANSAS COALITION

PREVENT SICKNESS | REDUCE SEVERITY | **PREVENT SPREAD** | SAFE

- The flu virus is easy to spread.
- Some otherwise healthy adults infected with the flu virus may be able to infect others 1 day *before* symptoms develop and up to 7 days after becoming sick.
- The virus can spread in mucus droplets when an infected person talks, coughs, or sneezes and these droplets spread to others up to about 6 feet away.

You can say to patients:
Even if you're not worried about getting the flu yourself, the flu vaccine is worth getting because you don't want to spread the flu to your loved ones. You don't want to be responsible for getting them sick!

Reference: https://www.cdc.gov/flu/about/disease/spread.htm
Image by Gordon Johnson from Pixabay

IKC IMMUNIZE KANSAS COALITION

PREVENT SICKNESS	REDUCE SEVERITY	PREVENT SPREAD	SAFE

Side effects from flu vaccination are generally mild (e.g., soreness, fever) especially when compared to symptoms of flu disease.

Providers should be aware of the possibility of:

- Young children who receive inactivated flu vaccine and pneumococcal vaccine at the same visit may be at increased risk for a **febrile seizure**
- Vaccination (or other injections) may lead to fainting, which can lead to injury. To prevent this, many offices have patients stay seated for 15 minutes after vaccination.
- Shoulder Injury Related to Vaccine Administration (SIRVA) occurs when an intramuscular deltoid injection is administered into the shoulder joint.
- Severe allergic reactions from a vaccine are very rare (<1 in a million doses). If it were to occur, it would usually be within a few minutes to a few hours after vaccination.

You can say to patients:
Flu vaccines are safe. Hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting flu vaccine safety.

Reference: https://www.cdc.gov/vaccine-safety/vaccines/flu.html

IMMUNIZE KANSAS COALITION

Take a guess...

Which statements are true?

There are several reasons why people continue to think the flu vaccine caused the flu.

- [ ] People who receive a flu shot may have muscle soreness and low-grade fever after vaccination, but this is not influenza.
- [ ] You may develop flu if exposed to the virus before protective immunity develops 1-2 weeks after vaccination.
- [ ] Influenza vaccine only protects against certain influenza viruses, not all viruses. You may develop a cough and fever because of another virus.
- [ ] Influenza vaccine is not 100% effective, especially in older persons.

IKC IMMUNIZE KANSAS COALITION

Take a guess...

Which statements are true?

- [x] People who receive a flu shot may have muscle soreness and low-grade fever after vaccination, but this is not influenza.
- [x] You may develop flu if exposed to the virus before protective immunity develops 1-2 weeks after vaccination.
- [x] Influenza vaccine only protects against certain influenza viruses, not all viruses. You may develop a cough and fever because of another virus.
- [x] Influenza vaccine is not 100% effective, especially in older persons.

IKC IMMUNIZE KANSAS COALITION

Take a guess…

Which statements are true?

- ✓ People who receive a flu shot may have muscle soreness and low-grade fever after vaccination, but this is not influenza.
- ✓ You r… e imm…
- ✓ Influ… uses, not all vi… nother virus.
- ✓ Influenza vaccine is not 100% effective, especially in older persons.

Correct!
All four of these statements are true.

For more details, see Immunize.org's 'Ask the Experts' webpage on influenza.

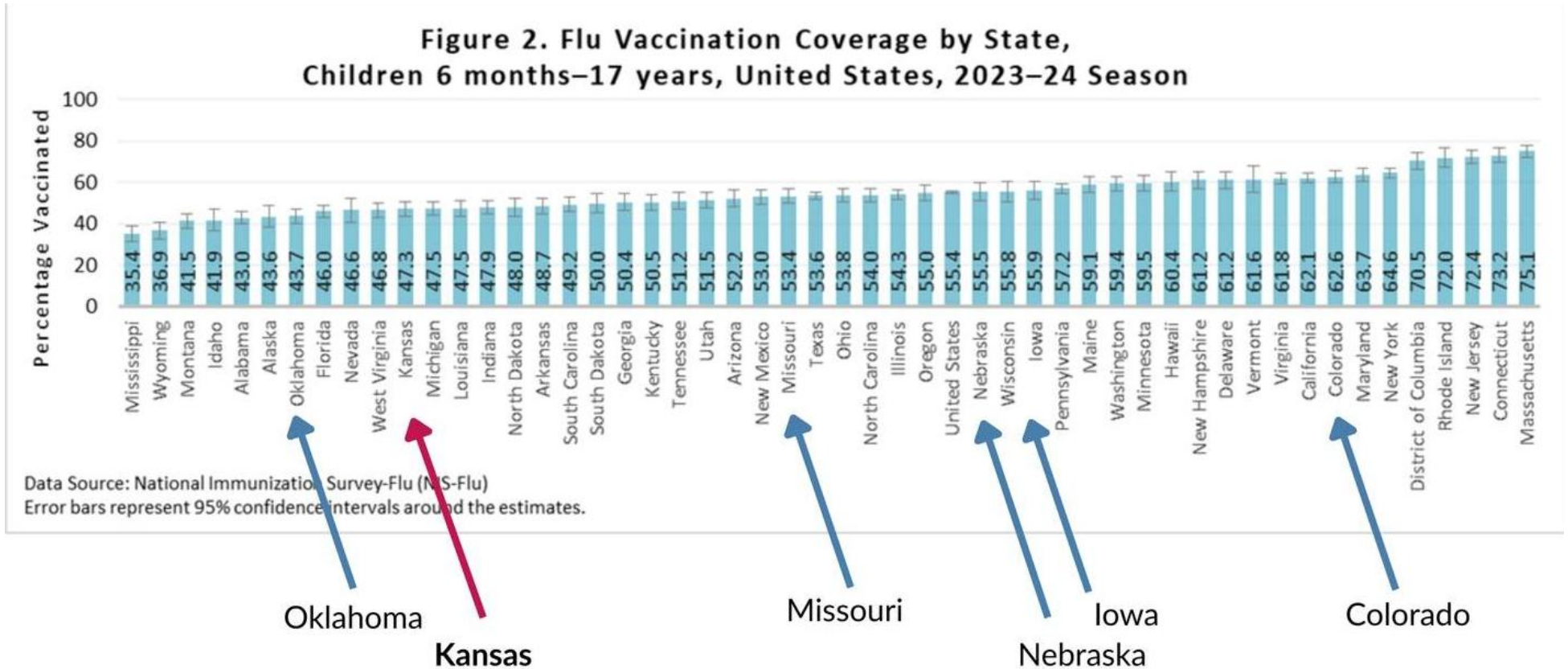
IKC IMMUNIZE KANSAS COALITION

Lesson 3:
How Well Protected is the Kansas Community?

IKC IMMUNIZE KANSAS COALITION

Section A. Flu Vaccination Coverage by Age

A1. Flu Vaccination Coverage - Children

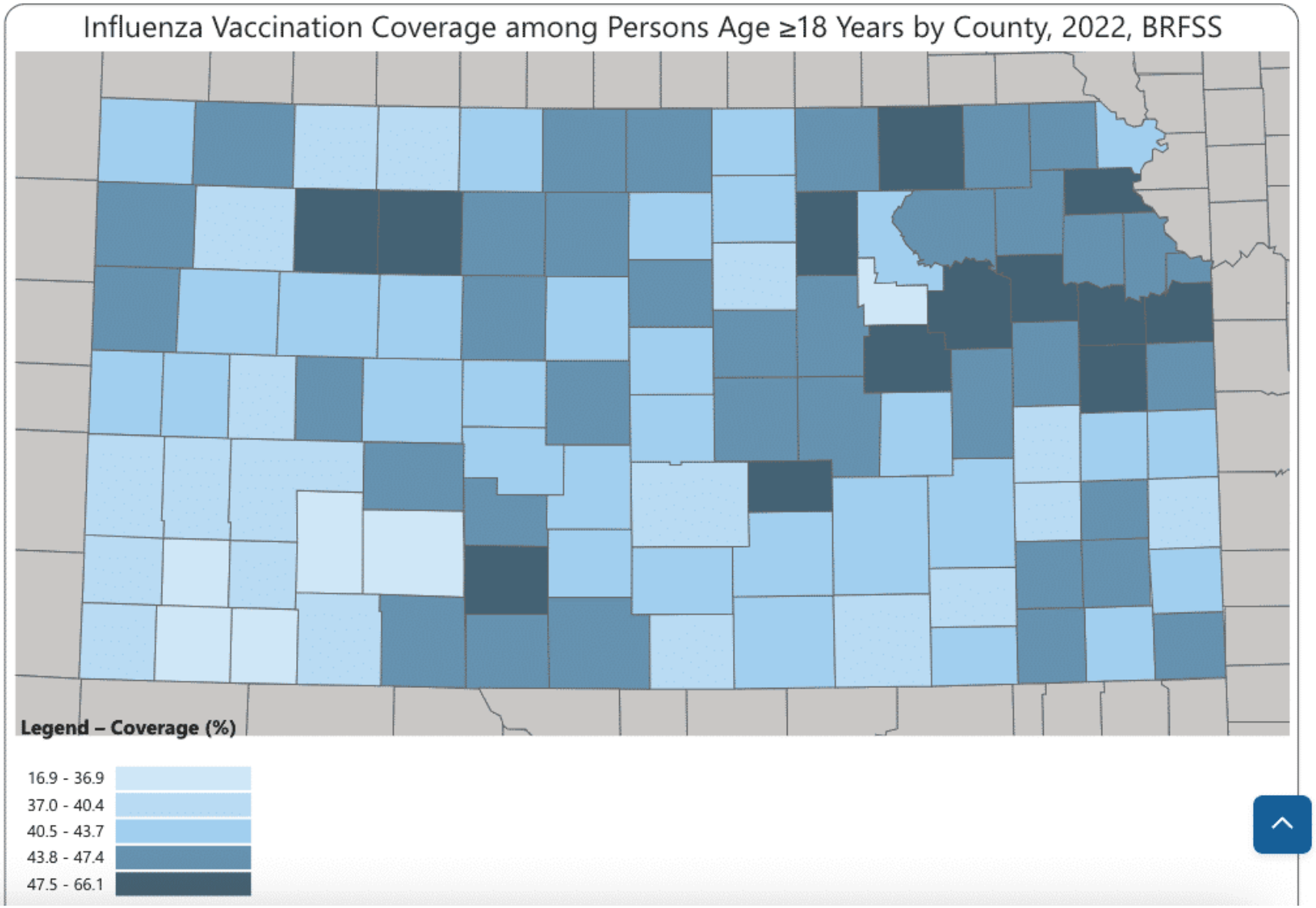


Looking at the graph above, we see that in the 2023-24 influenza season, flu vaccine coverage among **children 6 months - 17 years of age** was **higher** in Kansas than in Oklahoma, but **lower** than in Missouri, Nebraska, Iowa, or Colorado.

U.S. flu vaccination coverage for children (6 months to 17 years)
www.cdc.gov/fluvaxview/coverage-by-season/2023-2024.html#cdc_report_pub_study_section_3-results

IMMUNIZE KANSAS COALITION

A2. Flu Vaccination Coverage - Adults



Kansas county level data on adult vaccination coverage
www.cdc.gov/fluvaxview/interactive/general-population-coverage.html

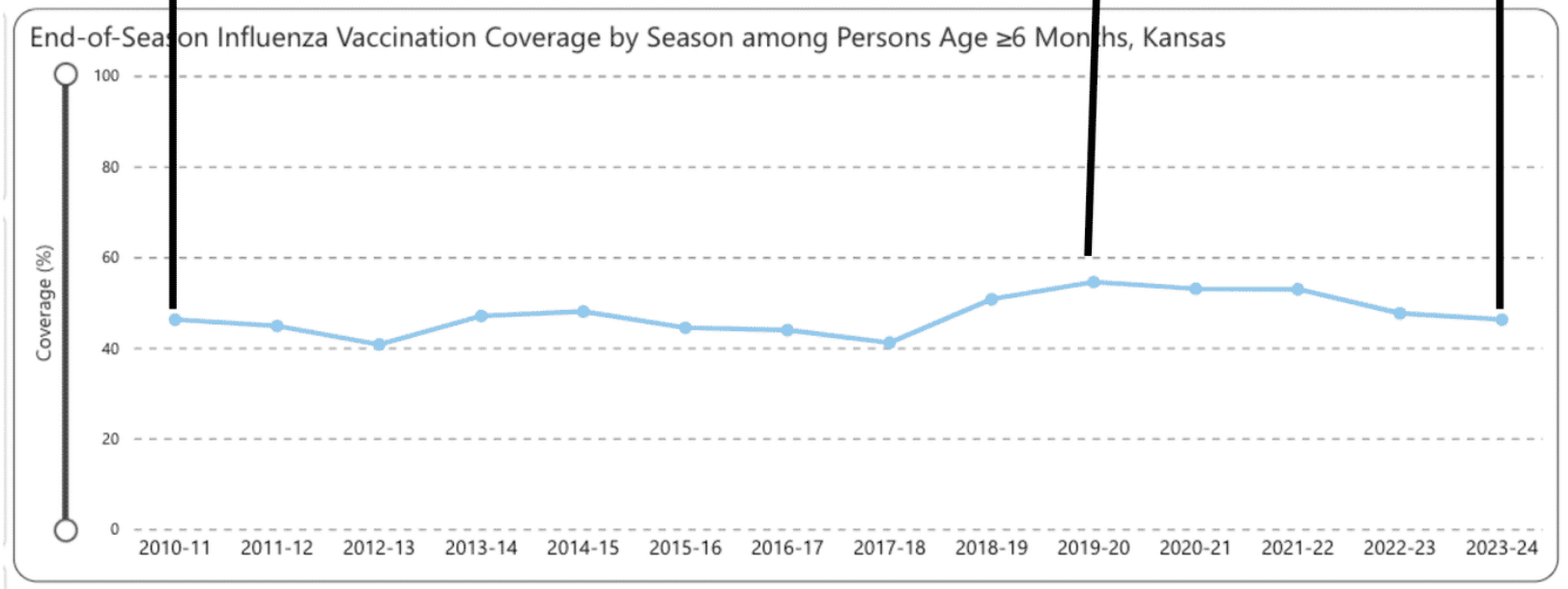
IMMUNIZE KANSAS COALITION

A3. Flu Vaccination Coverage – Children & Adults

2010-11
46.2%

2019-20
54.5%

2023-24
46.2%



Influenza vaccination coverage by season among people at least 6 months of age
www.cdc.gov/fluvaxview/interactive/general-population-coverage.html

IKC IMMUNIZE KANSAS COALITION

Take a guess...

Which statements are true?

- [ ] In the line graph above, we see improvement from 46.2% to 54.5% (+ 8.3%) from 2010-2011 to 2019-2020 in coverage for persons at least 6 months of age. Then, coverage fell back to 46.2%.
- [ ] In the 2023-2024 season, childhood flu vaccine coverage for Kansas was among the highest of all the states
- [ ] Kansas has a tremendous opportunity for improvement of its flu vaccine coverage

IKC IMMUNIZE KANSAS COALITION

Take a guess...

Which statements are true?

- ☑ In the line graph above, we see improvement from 46.2% to 54.5% (+ 8.3%) from 2010-2011 to 2019-2020 in coverage for persons at least 6 months of age. Then, coverage fell back to 46.2%.
- ☒ In the 2023-2024 season, childhood flu vaccine coverage for Kansas was among the highest of all the states
- ☑ Kansas has a tremendous opportunity for improvement of its flu vaccine coverage

IKC IMMUNIZE KANSAS COALITION

Take a guess…

Which statements are true?

- ☑ In the … 54.5% (+ 8.3%) … least 6 mont…
- ☒ In the … Kansas was a…
- ☑ Kans… …ts flu vacci…

1. True.

2. In the 2023-2024 season, childhood flu vaccine coverage for Kansas was #11 from the lowest, not among the highest.

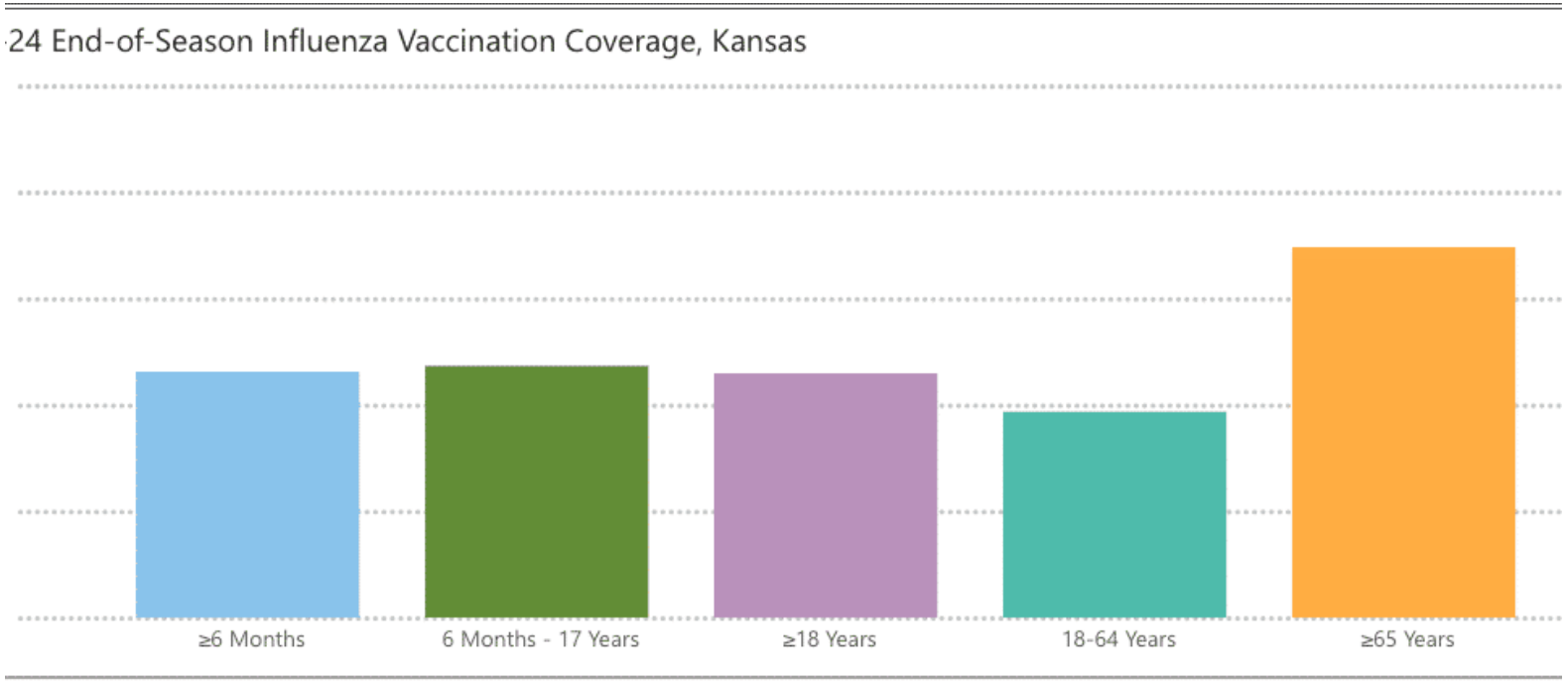
3. True! For children and adults, we can protect more people from flu!

IMMUNIZE KANSAS COALITION

Section B. Flu Vaccination Coverage by Age, Race, and during Pregnancy

B1. Flu Vaccination Coverage – Age Groups

There are large differences in flu vaccination coverage by **age group** as shown below

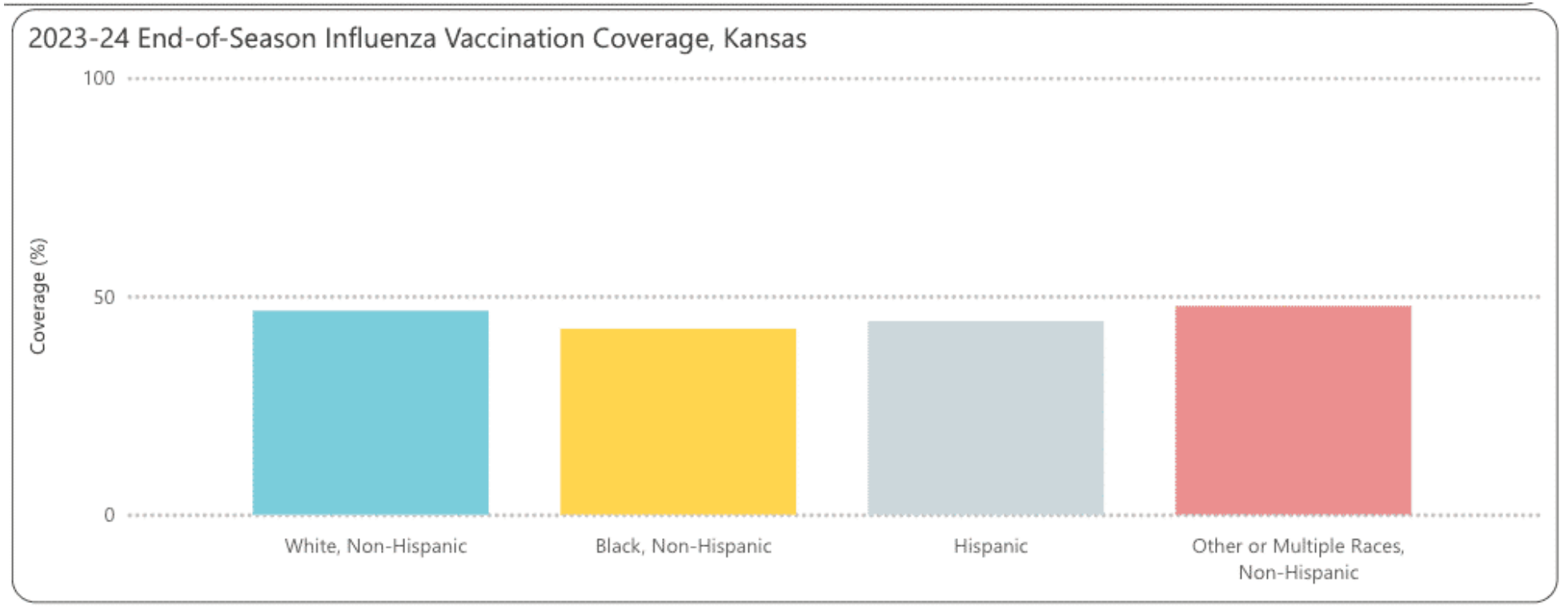


Persons ≥ 6 months (i.e., all eligible ages, including older adults
www.cdc.gov/fluvaxview/interactive/general-population-coverage.html

IKC IMMUNIZE KANSAS COALITION

B2. Flu Vaccination Coverage – Race & Ethnicity

In Kansas there are also differences in flu vaccination coverage **by race and ethnicity**, although these are not statistically significant.



White-NH 46.7%, Black-NH 42.6, Hispanic 44.3%, Other-NH 47.8%

Note: These data by race and ethnicity are confounded by economic status.

www.cdc.gov/fluvaxview/interactive/general-population-coverage.html

IKC IMMUNIZE KANSAS COALITION

B3. Flu Vaccination Coverage – During Pregnancy

Since 1997 ACIP has recommended vaccinating **pregnant women** against flu for two reasons:

1. **To protect the pregnant woman** – Pregnant women are at increased risk for complications, hospitalization, and death from influenza.
2. **To protect the newborn** – Babies cannot get the flu vaccine until 6 months of age. When a pregnant woman gets a flu shot, the protective antibodies made in her body cross the placenta to her baby. These antibodies will protect her baby against the flu until she/he can get the vaccine at 6 months of age.

The flu vaccine can be given in any trimester.

The flu vaccine is safe during pregnancy

The American College of Obstetricians and Gynecologists states that flu vaccines “have been used for many years in millions of pregnant women and are not known to cause pregnancy problems or birth defects.”

Reference: https://www.acog.org/patient-resources/faqs/pregnancy/the-flu-vaccine-and-pregnancy

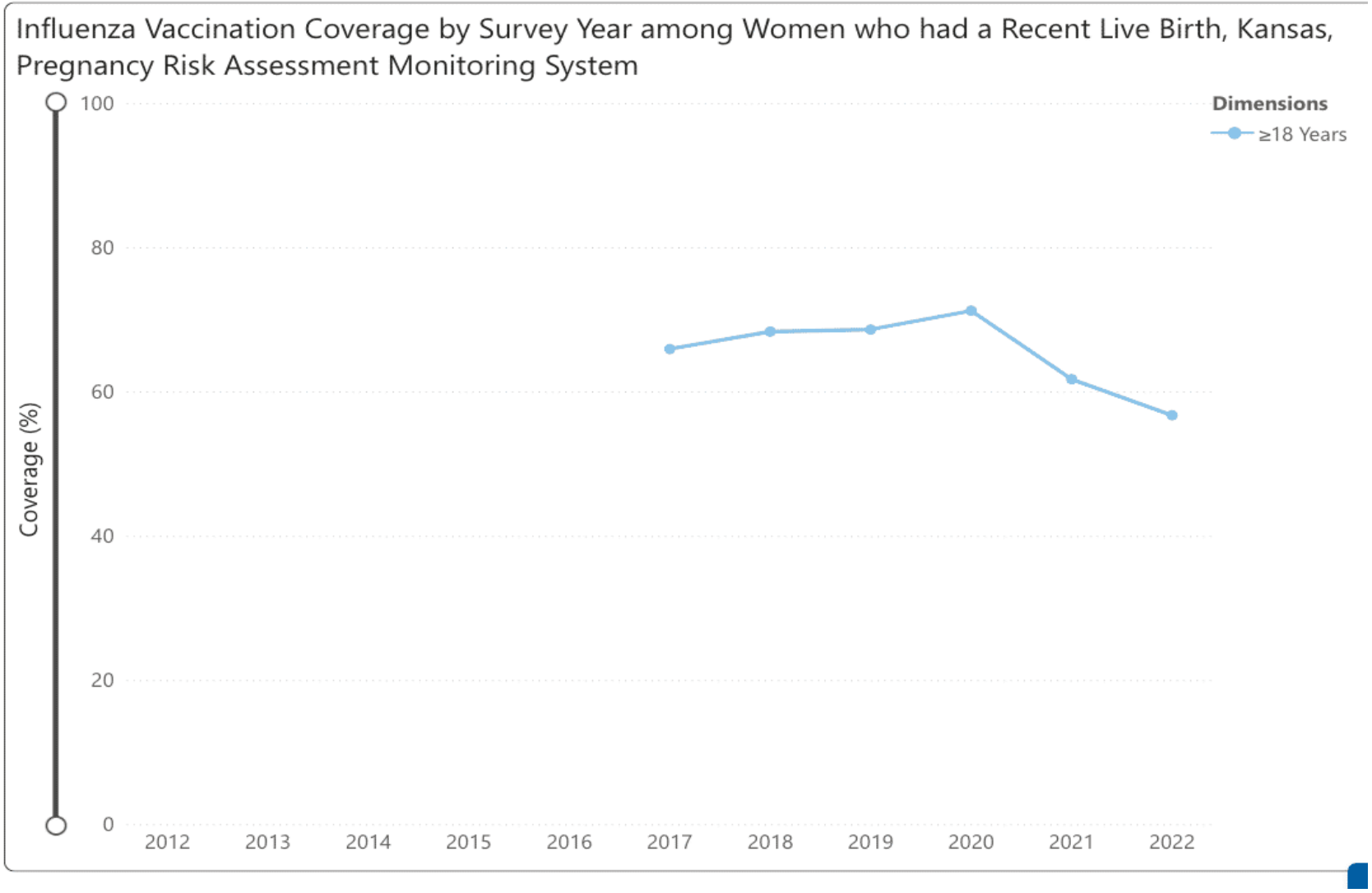
IKC IMMUNIZE KANSAS COALITION

Take a guess...

In Kansas in the most recent season with available data (2022), what proportion of pregnant women received the flu vaccine?

IMMUNIZE KANSAS COALITION

Kansas' flu vaccination coverage fell from a high of 71.2% to **56.7%** in the most recent season with available data (2022)



Reference: www.cdc.gov/fluvaxview/interactive/pregnant-women.html?CDC_AAref_Val=https://www.cdc.gov/flu/fluvaxview/interactive-pregnant-women.htm

IMMUNIZE KANSAS COALITION

Kansas' flu vaccination coverage fell from a high of 71.2% to **56.7%** in the most recent season with available data (2022)

Important Note:
***During* pregnancy** is the ideal time to start talking with the mother about vaccinating the baby after delivery.

IKC IMMUNIZE KANSAS COALITION

Lesson 4:
Start with a more effective recommendation.

IMMUNIZE KANSAS COALITION

Walk the walk

Make sure the entire staff is vaccinated. Make it easy, make it fun...a lot of sites make it mandatory. This is important to the function of the office (it's so hard to deal with staff absenteeism during flu season) and to patient safety. We certainly don't want to spread influenza to our patients and their families!

Also, it's very difficult for unvaccinated providers to effectively recommend the vaccine.

IKC IMMUNIZE KANSAS COALITION

Making the flu vaccine recommendation: When? Why? How?

Balancing considerations regarding the unpredictability of timing of onset of the influenza season and concerns that vaccine-induced immunity might wane over the course of a season, particularly for older adults, vaccination is recommended to be offered **by the end of October**.

***Which children need 2 doses?**
Children aged 6 months through 8 years who have never received flu vaccine or who have not previously received a lifetime total of ≥2 doses.

For pregnant women: Give injectable flu vaccine soon after vaccine becomes available. ACOG, CDC, and ACIP recommend that pregnant women get vaccinated during any trimester of their pregnancy.

For nonpregnant adults: Early vaccination (in July and August) should be avoided unless there is concern that later vaccination might not be possible.

For children who need 2 doses*: Give the 1st dose as soon as possible after vaccine becomes available to allow the second dose (which must be administered ≥4 weeks later) to be received by the end of October.

IKC IMMUNIZE KANSAS COALITION

Making the flu vaccine recommendation: When? Why? How?

Why?

Studies show that people are more likely to get their flu vaccine if their provider recommends it to them

How?

CDC developed the SHARE model to help you make a strong vaccine recommendation and provide important info, so patients make informed vaccination decisions

IKC IMMUNIZE KANSAS COALITION

What is the “SHARE” model?

Share

Highlight

Address

Remind

Explain

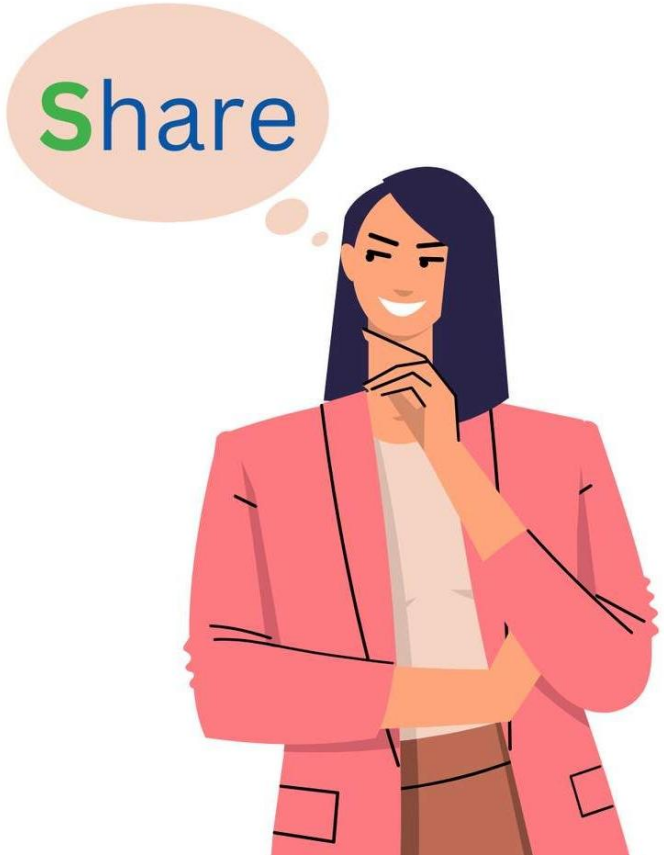
Based on years of research into vaccine motivators, CDC has developed a mnemonic device to help healthcare providers make a strong vaccine recommendation

We will now go over each step in **SHARE**.

Reference: CDC "Talking About Influenza Vaccination"

IMMUNIZE KANSAS COALITION

SHARE



SHARE the reasons why flu vaccine is right for the patient given his/her specific risk factors. (CDC recommends annual vaccination for <u>everyone</u> 6 months and older with any licensed, age-appropriate flu vaccine with no preference expressed for one vaccine over another.)

You may want to say something like this:
"The flu vaccine may protect you from getting and spreading flu. Importantly, the vaccine will reduce the risk of severe complications from influenza."

IKC IMMUNIZE KANSAS COALITION

SHARE

HIGHLIGHT positive experiences with flu vaccines (personal or in your practice), as appropriate, to reinforce the benefits and strengthen confidence in flu vaccination.

You may want to say something like this:
"The healthcare providers in our practice recommend getting an influenza vaccine each year because we have seen so many patients end up in the hospital because of flu."

Highlight

IMMUNIZE KANSAS COALITION

Address

ADDRESS patient questions and any concerns about flu vaccines (e.g., side effects, safety, vaccine effectiveness) in plain and understandable language.

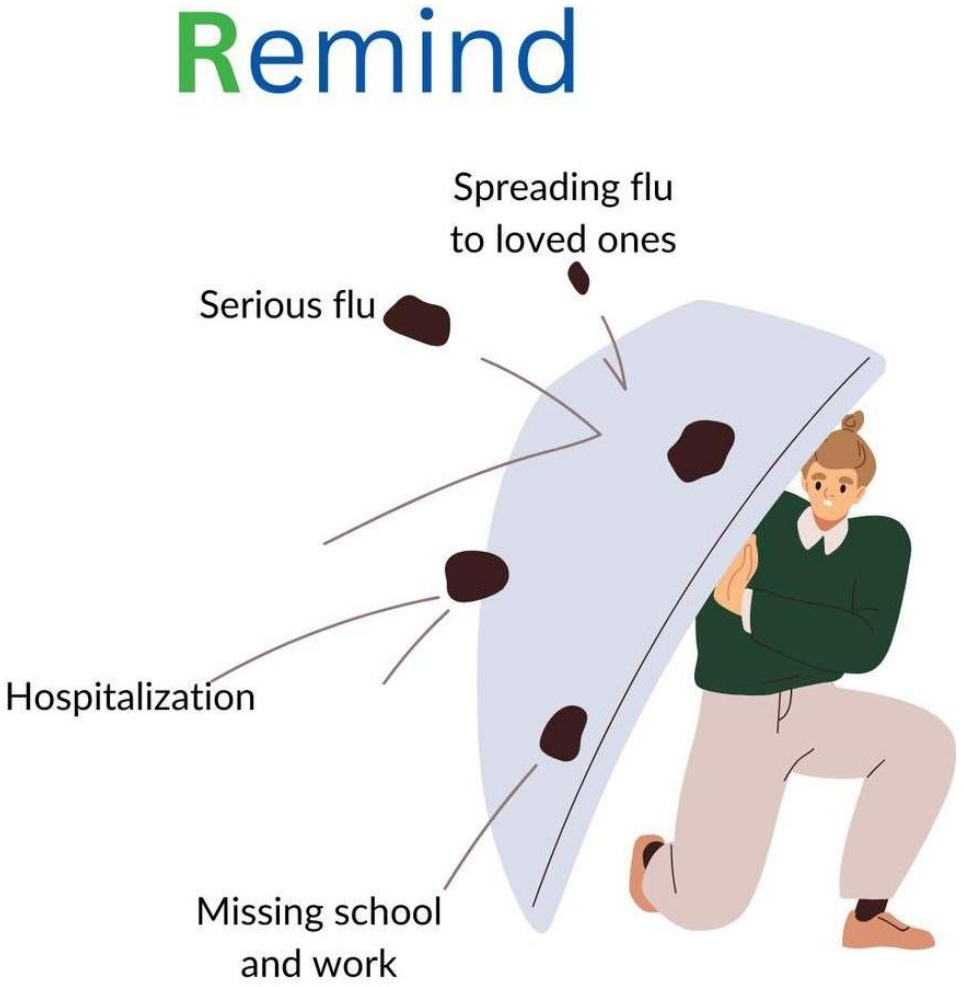
To a patient who says, "I don't get the flu vaccine because it causes the flu," you may say something like this:

"A flu vaccine cannot cause flu infection. The most common side effects of flu vaccine are mild -- redness, swelling, soreness, or a low-grade fever. These go away in a few days."

SHARE

REMIND patients that flu vaccines protect them and their loved ones from serious flu illness and flu-related complications. The vaccine takes 1-2 weeks to induce immunity so choosing to delay is leaving yourself open to INFECTION.

You may want to say something like this:
"Flu activity is going to start picking up soon, so I want to get you vaccinated now. The vaccine takes a week or two to kick in. I want to make sure I help protect you and your loved ones by vaccinating you before you're exposed."



IMMUNIZE KANSAS COALITION

SHARE

Explain

EXPLAIN the potential costs of getting the flu, including serious health effects and time lost (such as missing work or family obligations).

You may want to say something like this:
"It's important to get vaccinated because flu vaccination can reduce your risk of all the consequences of flu -- flu illness, doctor and emergency visits for flu, and missed work/school."

IKC IMMUNIZE KANSAS COALITION

Remind patients of flu vaccine's value	I want to vaccinate you now because your diabetes puts you at high risk for complications!
Address patient's questions	I get flu vaccine every year because I don't want to spread flu to my patients or family.
Explain potential costs of delaying	Good question. The flu shot has been shown to be safe for people with asthma.
SHARE reasons for vaccination	Flu vaccine's main value is that it decreases the severity of flu if you do get it.
Highlight positive experiences	If you delay vaccination you could end up ill or in the Emergency Department.

Test Your Knowledge!

Match each statement to a SHARE model step.

IKC IMMUNIZE KANSAS COALITION

SHARE reasons for vaccination	I want to vaccinate you now because your diabetes puts you at high risk for complications!

Correct

Highlight positive experiences	I get flu vaccine every year because I don't want to spread flu to my patients or family.

Correct

Address patient's questions	Good question. The flu shot has been shown to be safe for people with asthma.

Correct

Remind patients of flu vaccine's value	Flu vaccine's main value is that it decreases the severity of flu if you do get it.

Correct

Explain potential costs of delaying	If you delay vaccination you could end up ill or in the Emergency Department.

Correct

Test Your Knowledge!

Great work!

IKC IMMUNIZE KANSAS COALITION

Reminders/Tips

A few last reminders about communicating with families about flu vaccine:

- Keep it simple.
- Balance statistics with personal stories.
- Avoid repeating incorrect information.
- Tie flu vaccination to protecting loved ones.
- Position annual flu vaccination as an important component to overall management of health.

IKC IMMUNIZE KANSAS COALITION

Make a Strong
Flu Vaccine Recommendation

FIGHT FLU

Information for Health Care Professionals

CDC recommends everyone 6 months and older get an influenza vaccine every year. Influenza vaccine has been shown to prevent millions of influenza illnesses, tens of thousands of hospitalizations, and thousands of deaths each year. CDC and ACIP preferentially recommends the use of specific flu vaccines in adults 65 and older over standard-dose flu vaccines, when available.

Your Vaccine Recommendation is Critical

As a health care professional (HCP), your strong recommendation is a critical factor in whether your patients get an influenza vaccine. Most adults believe vaccines are important, but they may need a reminder from you to get vaccinated. After making your recommendation, follow up with each patient during subsequent appointments to ensure the patient received an influenza vaccine. If the patient is still unvaccinated, repeat the recommendation and try to identify and address any questions or concerns.

Higher Risk Groups Especially Need a Flu Vaccine

The following groups are at higher risk of serious flu complications:

- Children aged 6 months up to their 5th birthday – even those who are healthy – because of their age
- Children of any age with certain long-term health problems, such as asthma, diabetes, or neurological and neurodevelopmental conditions
- People 65 years and older because of their age
- People with asthma, heart disease, diabetes, and certain other chronic health conditions
- People who are pregnant

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

When to Vaccinate

- For most people, ideally influenza vaccination should happen in September or October. However, vaccination should continue throughout influenza season as long as influenza viruses are circulating.
- There also are specific timing considerations for certain groups of people:
  - » For adults (especially those 65 years and older) and pregnant people in the first and second trimester, vaccination in July and August should be avoided unless there is a concern that later vaccination might not be possible in September or October.
  - » Children who need two doses of influenza vaccine should get their first dose of vaccine as soon as it becomes available, with the second dose given at least four weeks after the first.
  - » Vaccination in July or August can be considered for children who have health care visits during those months if there might not be another opportunity to vaccinate them.
  - » Pregnant people who are in their third trimester can get an influenza vaccine in July or August, if vaccine is available, to protect their babies from flu for the first few months after birth, when babies are too young to get vaccinated.
- If you do not offer vaccine at your facility, make an influenza vaccine referral, and then follow up with each patient during subsequent appointments to ensure they got vaccinated. If the patient remains unvaccinated, repeat the recommendation/referral and try to identify and address any questions or concerns.

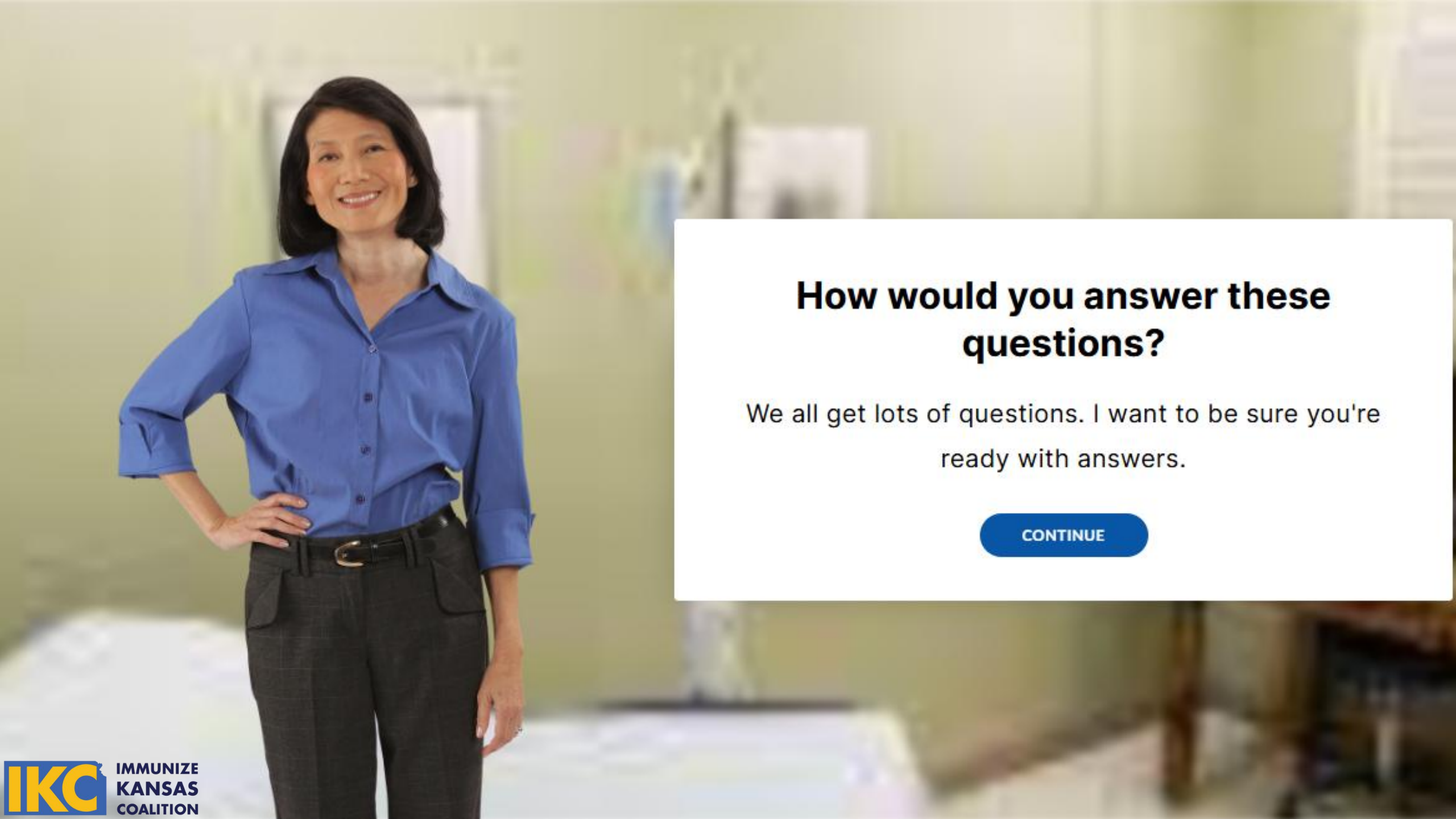
CDC's "**Make a Strong Flu Vaccine Recommendation**" Flyer:

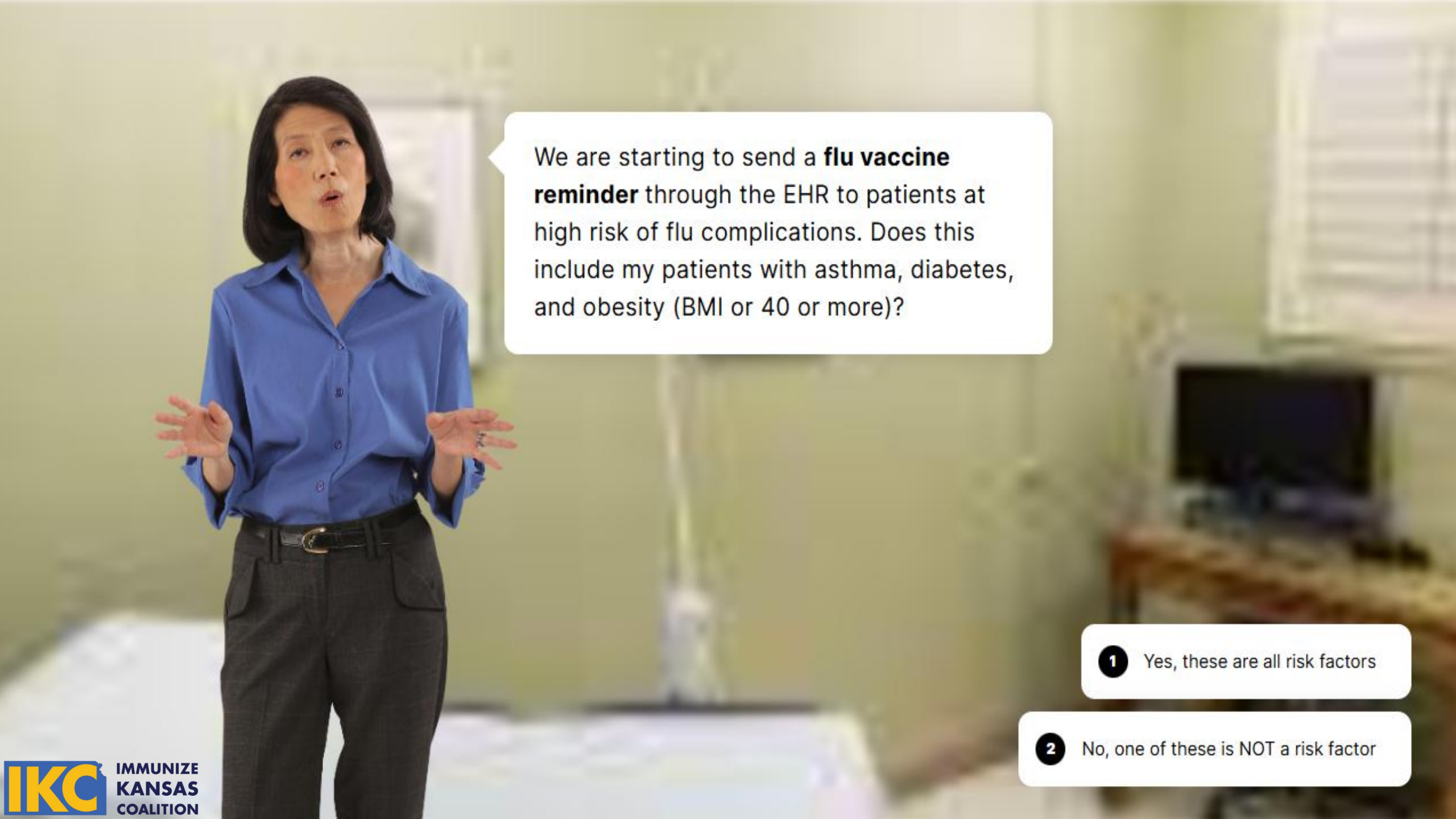
- 3-page general flyer
  - For adults aged 50-60 years
  - For adults 65 and older

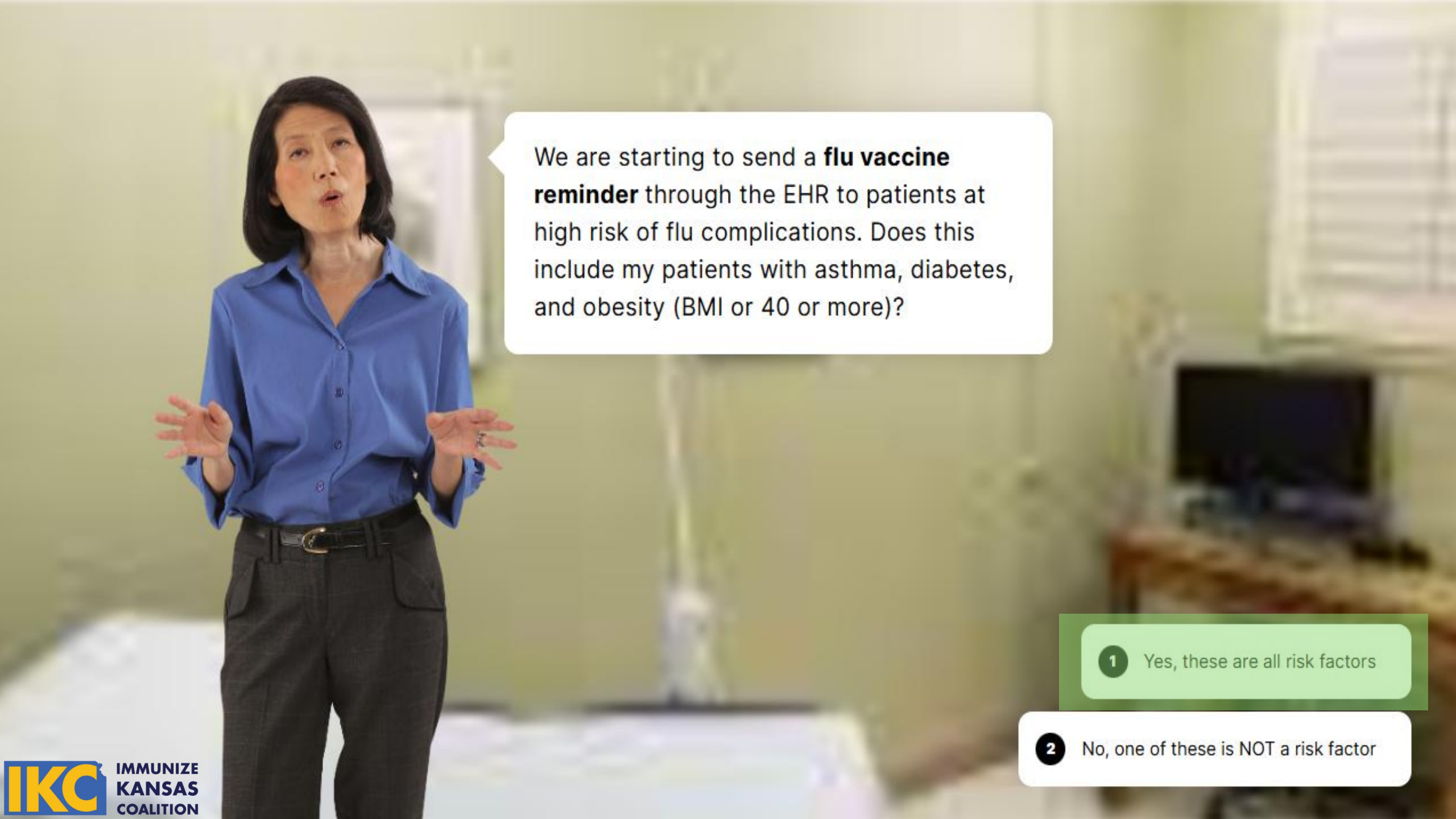
IMMUNIZE KANSAS COALITION

Lesson 5:
Quick answers to common family and provider concerns

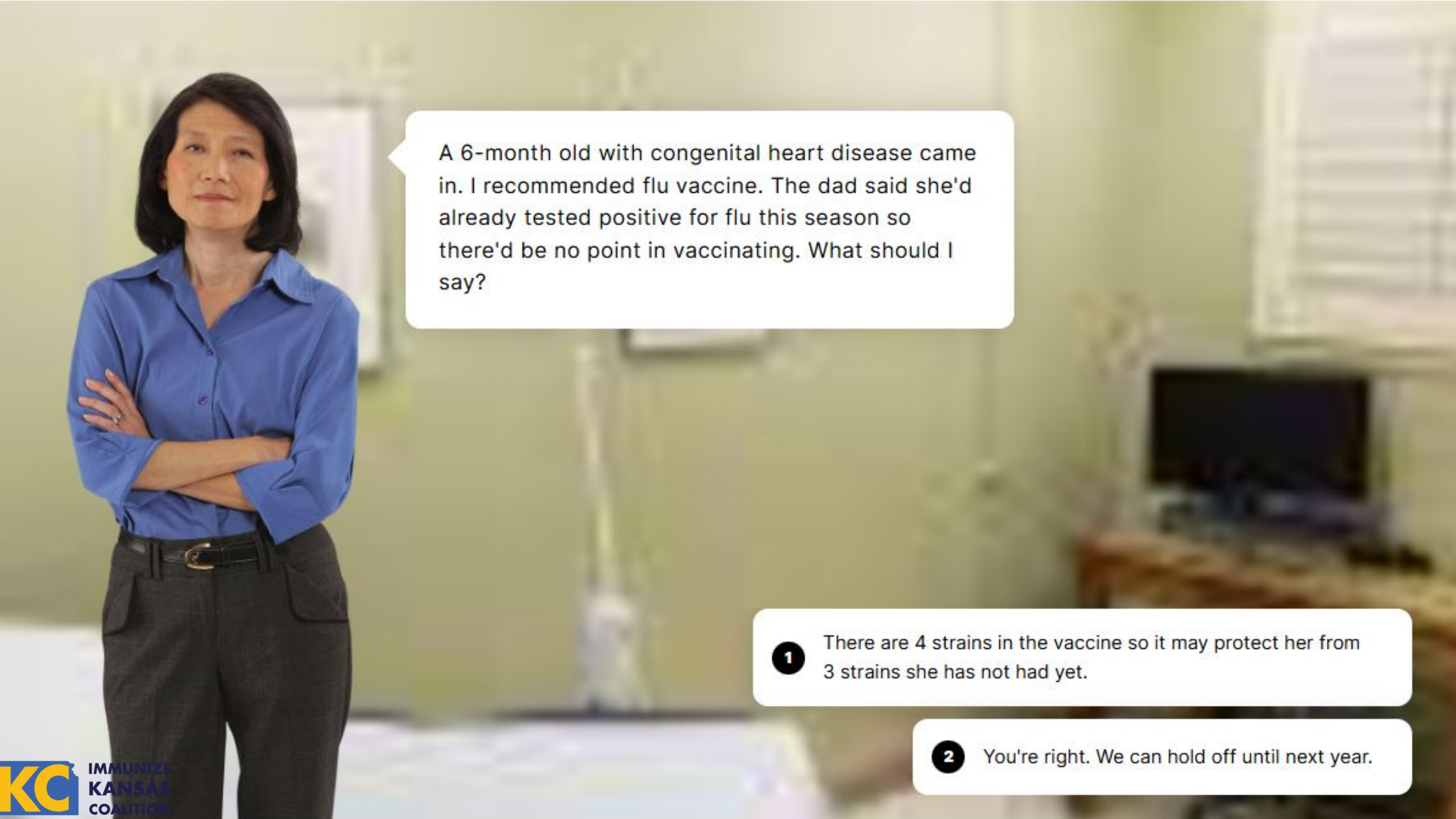
IMMUNIZE KANSAS COALITION

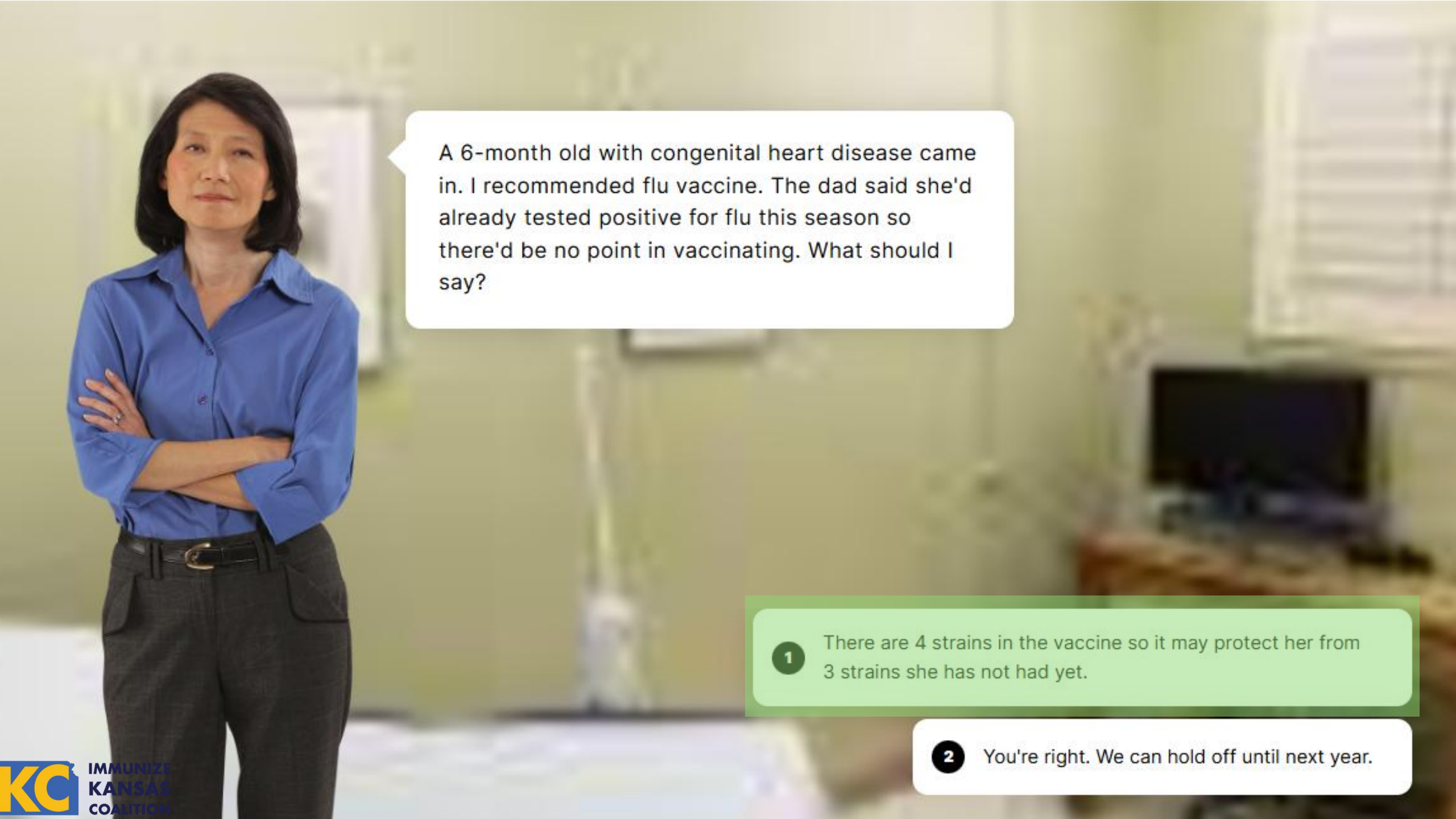

How would you answer these questions?
We all get lots of questions. I want to be sure you're ready with answers.
CONTINUE
IKC
IMMUNIZE
KANSAS
COALITION


We are starting to send a **flu vaccine reminder** through the EHR to patients at high risk of flu complications. Does this include my patients with asthma, diabetes, and obesity (BMI or 40 or more)?
1 Yes, these are all risk factors
2 No, one of these is NOT a risk factor
IKC
IMMUNIZE KANSAS COALITION

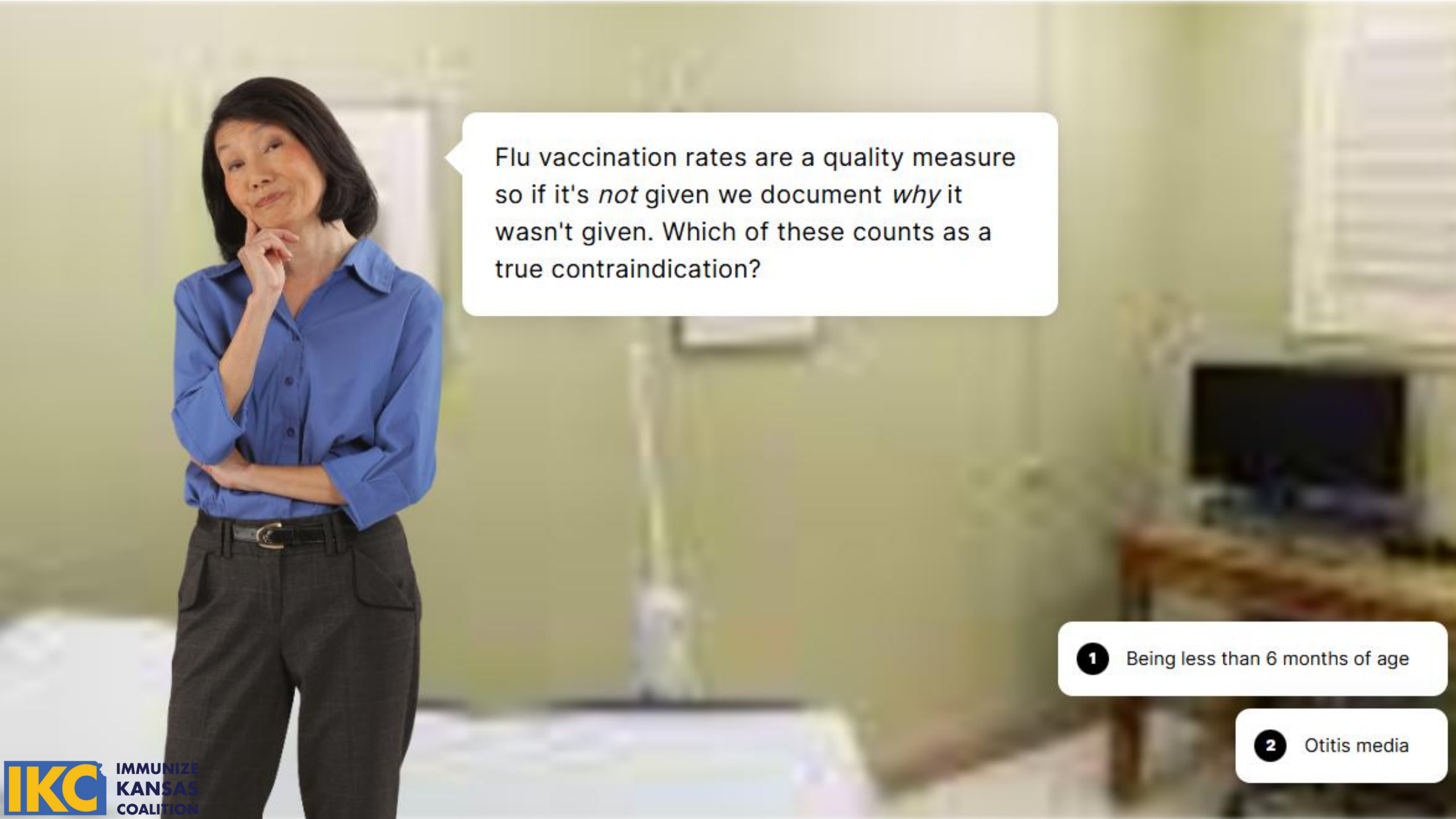

We are starting to send a **flu vaccine reminder** through the EHR to patients at high risk of flu complications. Does this include my patients with asthma, diabetes, and obesity (BMI or 40 or more)?
1 Yes, these are all risk factors
2 No, one of these is NOT a risk factor
IKC
IMMUNIZE KANSAS COALITION


You've got this all in your head already!
Yes, these are all risk factors
CONTINUE
IKC
IMMUNIZE
KANSAS
COALITION

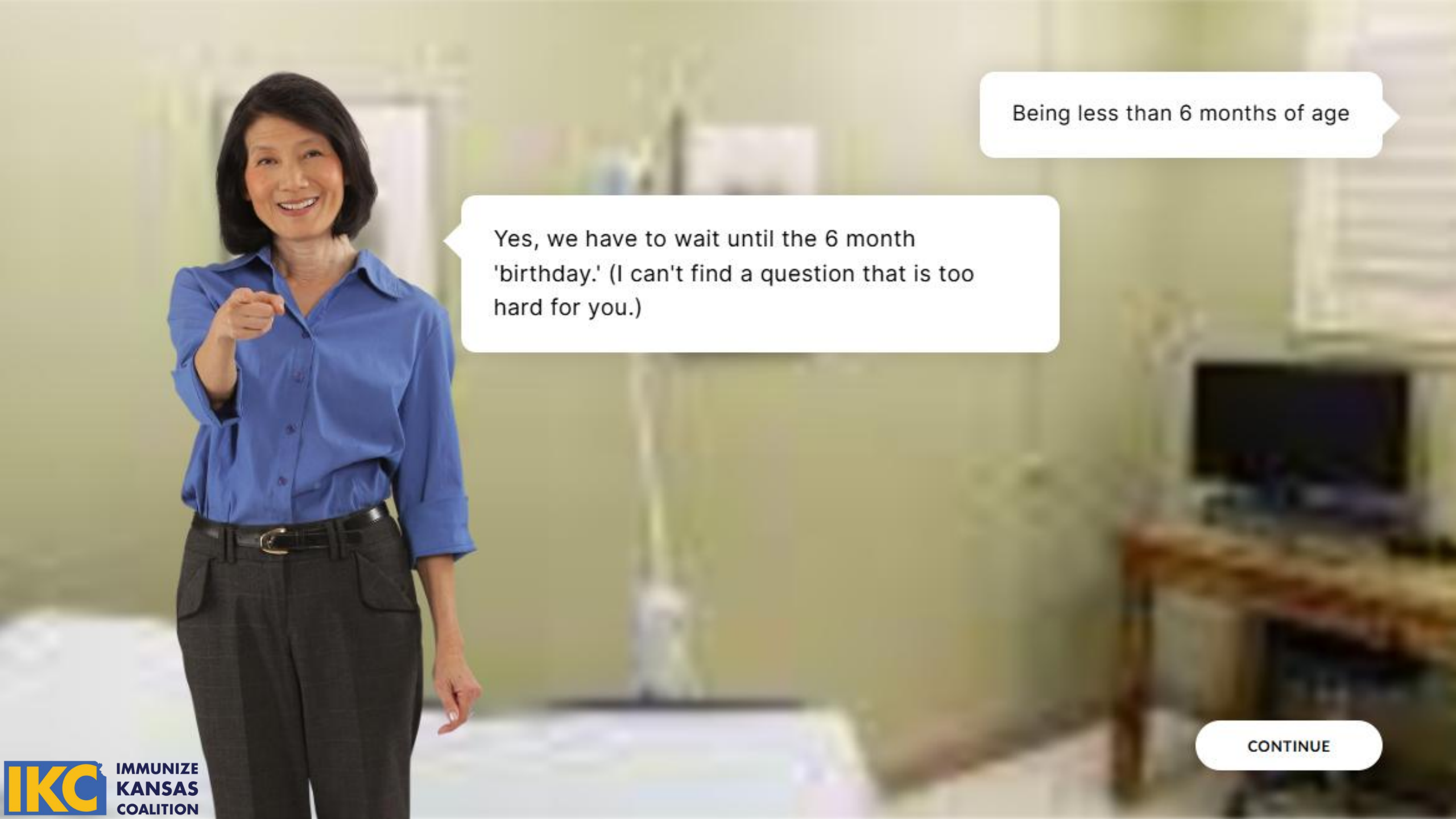

A 6-month old with congenital heart disease came in. I recommended flu vaccine. The dad said she'd already tested positive for flu this season so there'd be no point in vaccinating. What should I say?
1 There are 4 strains in the vaccine so it may protect her from 3 strains she has not had yet.
2 You're right. We can hold off until next year.
IMMUNIZE KANSAS COALITION

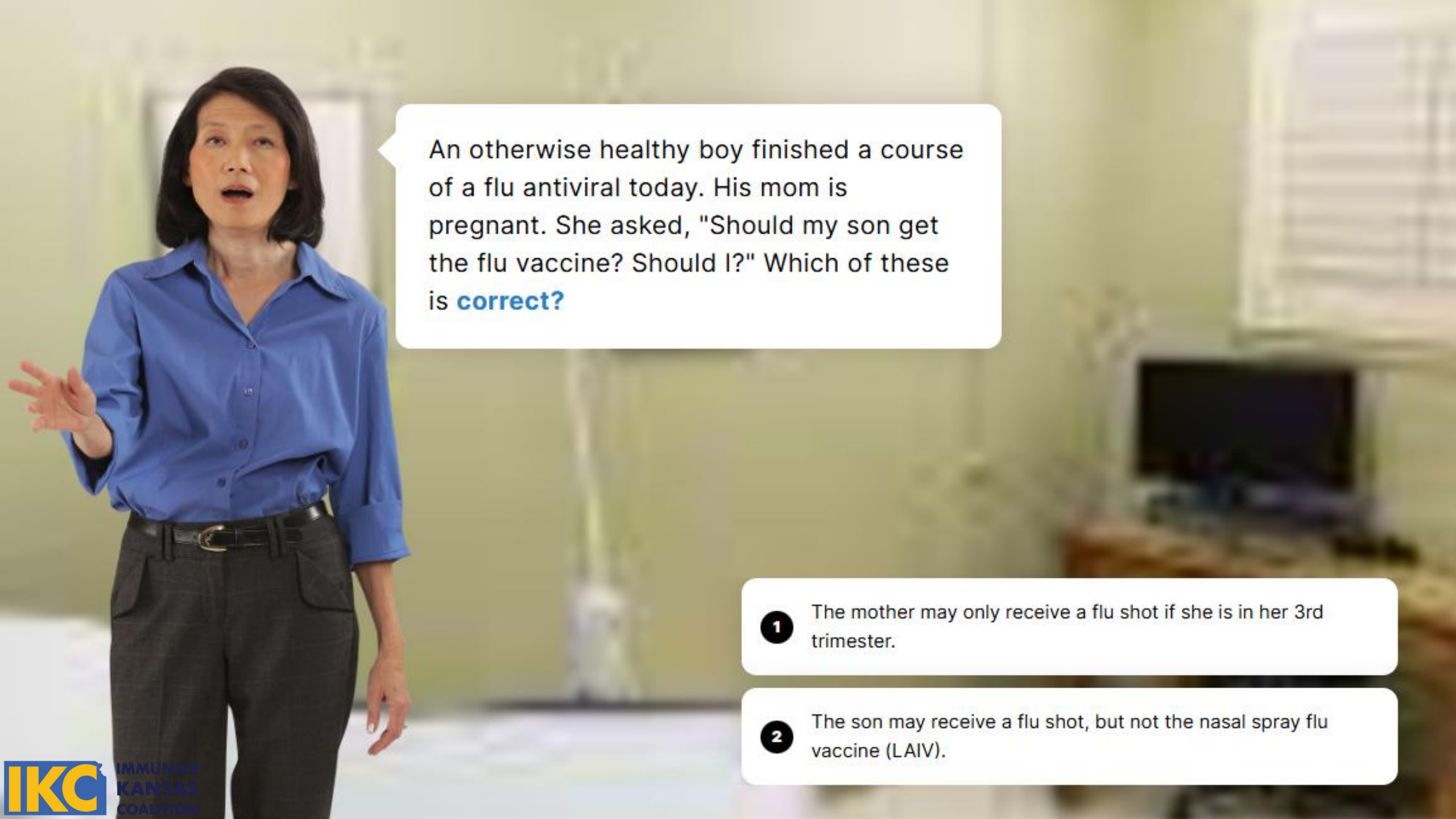

A 6-month old with congenital heart disease came in. I recommended flu vaccine. The dad said she'd already tested positive for flu this season so there'd be no point in vaccinating. What should I say?
1
There are 4 strains in the vaccine so it may protect her from 3 strains she has not had yet.
2
You're right. We can hold off until next year.
IMMUNIZE KANSAS COALITION

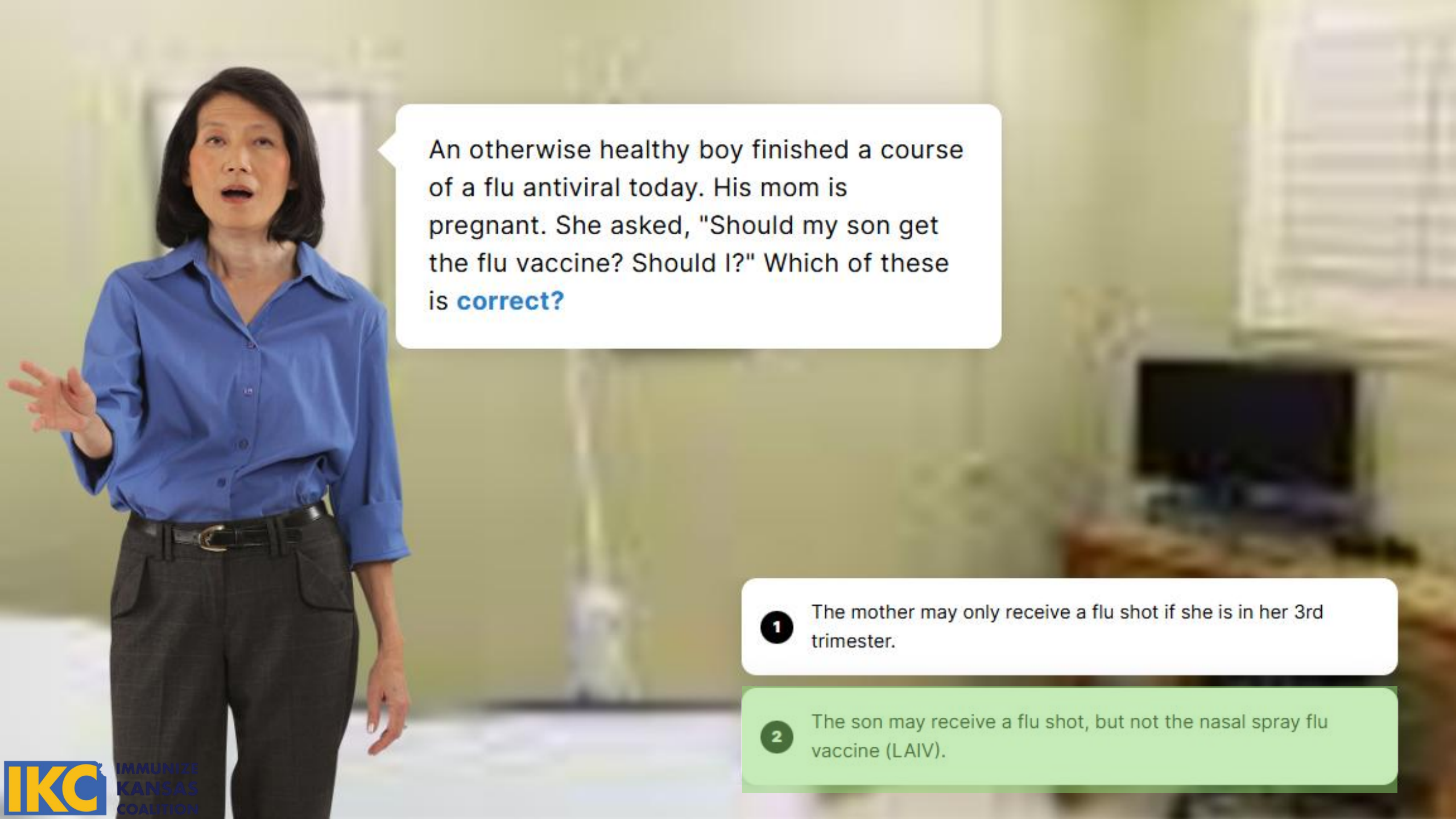

There are 4 strains in the vaccine so it may protect her from 3 strains she has not had yet.
Yes. She's at high risk and she may get flu more than once. Let's vaccinate!
CONTINUE
IKC
IMMUNIZE KANSAS COALITION


Flu vaccination rates are a quality measure so if it's *not* given we document *why* it wasn't given. Which of these counts as a true contraindication?
1 Being less than 6 months of age
2 Otitis media
IKC
IMMUNIZE KANSAS COALITION


Flu vaccination rates are a quality measure so if it's *not* given we document *why* it wasn't given. Which of these counts as a true contraindication?
1 Being less than 6 months of age
2 Otitis media
IMMUNIZE KANSAS COALITION


Being less than 6 months of age
Yes, we have to wait until the 6 month 'birthday.' (I can't find a question that is too hard for you.)
CONTINUE
IKC
IMMUNIZE
KANSAS
COALITION


An otherwise healthy boy finished a course of a flu antiviral today. His mom is pregnant. She asked, "Should my son get the flu vaccine? Should I?" Which of these is correct?
1 The mother may only receive a flu shot if she is in her 3rd trimester.
2 The son may receive a flu shot, but not the nasal spray flu vaccine (LAIV).
IKC
IMMUNIZE KANSAS COALITION


An otherwise healthy boy finished a course of a flu antiviral today. His mom is pregnant. She asked, "Should my son get the flu vaccine? Should I?" Which of these is correct?
1 The mother may only receive a flu shot if she is in her 3rd trimester.
2 The son may receive a flu shot, but not the nasal spray flu vaccine (LAIV).
IKC
IMMUNIZE KANSAS COALITION


Scenario Complete!
Great Work!
IKC
IMMUNIZE
KANSAS
COALITION

“I’ve heard there’s a stronger flu vaccine. Who should get that?”

ACIP recommendations for adults ages 65 years or older

ACIP recommends that adults aged ≥65 years preferentially receive any one of the following higher dose or adjuvanted quadrivalent influenza vaccines:

- High-dose inactivated influenza vaccine (HD-IIV4)
- Recombinant influenza vaccine (RIV4)
- Adjuvanted inactivated influenza vaccine (aIIV4)

If none of these three vaccines is available at an opportunity for vaccine administration, then any other age-appropriate influenza vaccine should be used.

Other than this, ACIP does not state a preference for one influenza vaccine over another, although there are certain age and health condition restrictions.

For example:
Contraindications: LAIV should not be given, for example, to pregnant women or to those with severe allergic reaction (e.g., anaphylaxis) to any vaccine component excluding egg, anatomic or functional asplenia, or immunocompromise due to any cause.
See Guide to Contraindications and Precautions to Commonly Used Vaccines.

Licensure: The recombinant vaccine (Flublok by Sanofi Pasteur) is only licensed for persons age 18 years and older.

Reference: https://www.cdc.gov/acip-recs/hcp/vaccine-specific/flu.html

IKC IMMUNIZE KANSAS COALITION

What influenza vaccines are available in the U.S.

Manufacturer	Trade Name (vaccine abbreviation)[1]	How Supplied	Mercury Content (mcg Hg/0.5mL)	Age Range	CVX Code	Vaccine Product Billing Code[2] CPT
AstraZeneca	FluMist (LAIV3)	0.2 mL (single-use nasal spray)	0	2 through 49 years	111	90660
					333*	NA*
GSK	Fluarix (IIV3)	0.5 mL (single-dose syringe)	0	6 months & older[3]	140	90656
	FluLaval (IIV3)	0.5 mL (single-dose syringe)	0	6 months & older[3]	140	90656
Sanofi	Flublok (RIV3)	0.5 mL (single-dose syringe)	0	9 years & older	155	90673
	Fluzone (IIV3)	0.5 mL (single-dose syringe)	0	6 months & older[3]	140	90656
		0.5 mL (single-dose vial)	0	6 months & older[3]	140	90656
		5.0 mL multi-dose vial (0.25 mL dose)	25[4]	6 through 35 months[3]	141	90657
		5.0 mL multi-dose vial (0.5 mL dose)	25[4]	6 months & older	141	90658
	Fluzone High-Dose (HD-IIV3)	0.5 mL (single-dose syringe)	0	65 years & older[5]	135	90662
CSL Seqirus	Afluria (IIV3)	5.0 mL multi-dose vial (0.25 mL dose)	24.5[4]	6 through 35 months[3]	141	90657
		5.0 mL multi-dose vial (0.5 mL dose)	24.5[4]	3 years & older[6]	141	90658
		0.5 mL (single-dose syringe)	0	3 years & older[3]	140	90656
	Fluad (aIIV3)	0.5 mL (single-dose syringe)	0	65 years & older[5]	168	90653
	Flucelvax (ccIIV3)	0.5 mL (single-dose syringe)	0	6 months & older[3]	153	90661
		5.0 mL multi-dose vial (0.5 mL dose)	25[4]	6 months & older[3]	320	90661

Below is a link to a complete list of available influenza vaccines.

You can download it now at: www.immunize.org/catg.d/p4072.pdf

This list is updated each year. Check the date on the bottom right of the page to see when it was most recently updated.

IKC IMMUNIZE KANSAS COALITION

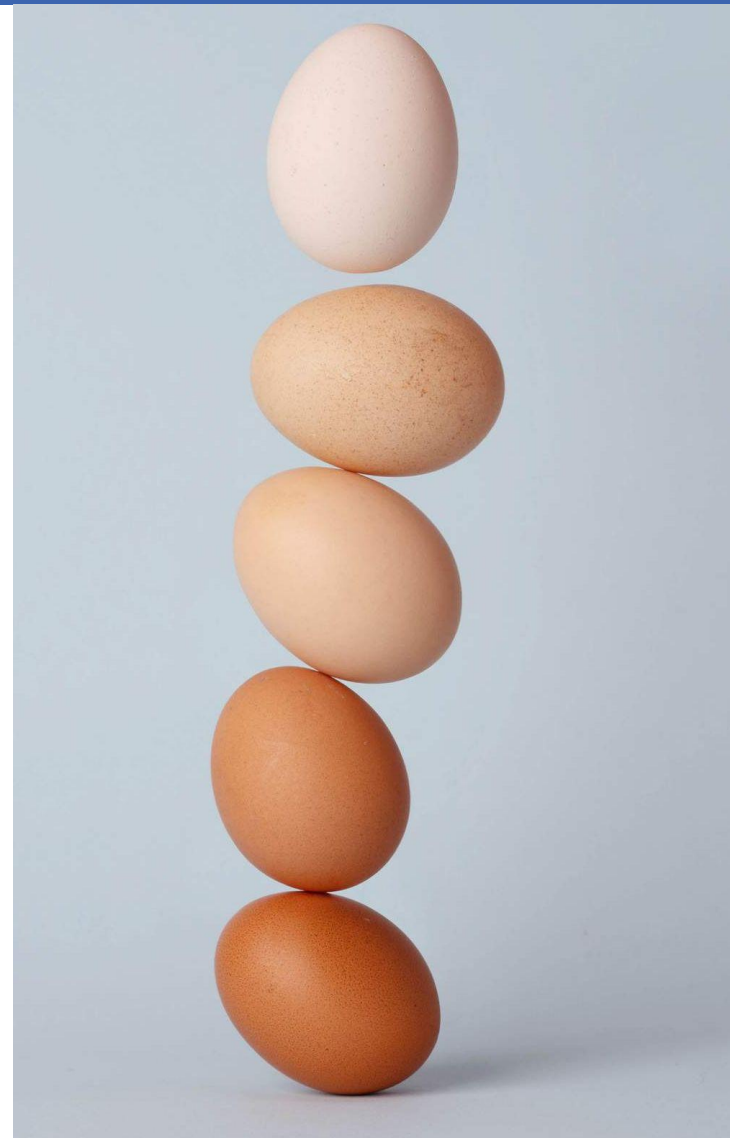
“Should I vaccinate a patient with an egg allergy?”

People with an egg allergy **may receive any vaccine (egg-based or non-egg based)** that is otherwise appropriate for their age and health status.

Beginning with the 2023-2024 season, additional safety measures are no longer recommended for flu vaccination of people who are allergic to eggs beyond those recommended for receipt of any vaccine, regardless of the severity of previous reaction to egg.

All vaccines should be administered in settings in which personnel and equipment needed for rapid recognition and treatment of allergic reactions are available.

No post-vaccination observation period is recommended specifically for egg-allergic people. However, ACIP recommends that vaccine providers consider observing patients in a seated or supine position for 15 minutes after administration of any vaccine to decrease the risk for injury should syncope occur.



References:
https://www.cdc.gov/flu/prevent/egg-allergies.htm
https://www.cdc.gov/mmwr/volumes/71/rr/rr7101a1.htm

IKC IMMUNIZE KANSAS COALITION

“Should I vaccinate a patient with severe allergic reaction to a previous flu vaccination?”

Table 4: Contraindications and Precautions for Persons with a History of Severe Allergic Reaction to an Influenza Vaccine

Vaccine (of any valency) associated with previous severe allergic reaction (e.g., anaphylaxis)	Available 2023–24 influenza vaccines		
	Egg-based IIV4s and LAIV4	ccIIV4	RIV4
Any egg-based IIV or LAIV	Contraindication*	Precaution†	Precaution†
Any ccIIV	Contraindication*	Contraindication*	Precaution†
Any RIV	Contraindication*	Precaution†	Contraindication*
Unknown influenza vaccine	Allergist consultation recommended		

Reference: https://www.immunize.org/wp-content/uploads/catg.d/p3125.pdf

IKC IMMUNIZE KANSAS COALITION

“Can I give a patient flu & COVID-19 vaccines at the same visit?”

At the same visit
Flu vaccines and COVID-19 vaccines can be given at the same visit if a person is due for both vaccines.
This might be more convenient than having two separate visits.

In the same arm
For flu and COVID-19 vaccines, you can either get both vaccines in the same arm (at least an inch apart), or you can get them in different arms. Either is okay.

The high-dose (Fluzone High-Dose Quadrivalent) or adjuvanted flu vaccine (Fluad Quadrivalent) may be more likely to cause side effects compared to standard dose flu vaccines. You may want to get these high-dose flu vaccines in different arms than the arm receiving a COVID-19 vaccine to reduce side effects in one arm.

For children, follow the American Academy of Pediatrics immunization schedule for influenza and COVID-19 vaccination recommendations.

For COVID-19 vaccine recommendations, it is wise to check for the most recent clinical considerations:
https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#Coadministration

References:
https://www.cdc.gov/flu/vaccines/coadministration.html

IKC IMMUNIZE KANSAS COALITION

“Should I give flu vaccine to people who have been exposed to or are recovering from an infectious disease? What about COVID-19?”

According to Immunize.org's Ask the Experts:

“In general, neither exposure to or recovery from an infectious disease is a contraindication or precaution to vaccination. . . .

COVID-19 is the exception to this general rule. CDC recommends that routine vaccination should be deferred for persons with suspected or confirmed COVID-19, regardless of symptoms, until criteria have been met for them to discontinue isolation. The reason for this exception is that vaccination visits for these individuals should be postponed to avoid exposing healthcare personnel and other patients to the virus that causes COVID-19.”

IKC IMMUNIZE KANSAS COALITION

“Should I vaccinate a patient with a mild illness (other than COVID-19)?”

A **mild** acute illness (e.g., diarrhea or mild upper-respiratory tract infection) with or without fever is not a precaution, and vaccines may be given.

It’s wise to do this rather than lose them to follow up.

Top Eight Questions about the Flu Vaccine (3:24 minutes)

Reference:
https://www.immunize.org/ask-experts/topic/contraindications-precautions/

IMMUNIZE KANSAS COALITION

Lesson 6:
Beyond communication: doing better!

IMMUNIZE KANSAS COALITION

Administrative Change Ideas

When you know your immunization rates and decide you want to improve, you need ideas about what to change. In a formal quality improvement program, you may begin by mapping the current workflow to see where there are opportunities. Many offices use change ideas that have worked for others.

The following is just that…a brief list of change ideas that have helped other offices improve their flu vaccine coverage.

- ☑ Make sure that **everyone who works in the office** is vaccinated. As healthcare professionals we must walk the walk.

- ☑ **Keep up to date on immunization recommendations** by the Immunize.org, the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP) websites.

- ☑ Use reminder or recall messages. For example, send email, call, or text reminders to all asthma patients to make an appointment before flu season. Call to follow-up missed appointments that would have included vaccination, especially with high-risk patients.

IKC IMMUNIZE KANSAS COALITION

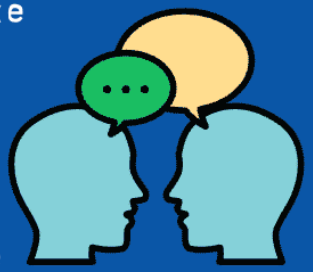
DOING BETTER
DURING THE VISIT

Assess flu vaccination status at every visit September to March. Every visit is an opportunity to recommend an influenza vaccine.

Use standing orders. For more on this, see "Using Standing Orders for Administering Vaccines: What You Should Know" available at https://www.immunize.org/catg.d/p3066.pdf

Prompt providers to order flu vaccine. For example, leave the flu VIS on the computer keyboard so they see it and remember to act.

Facilitate communication within your practice. Make clinical resources and informational handouts readily available for staff and patients. Empower all staff to take every opportunity to recommend flu vaccination.



If the vaccine is not available in your office, make referrals (e.g., health department, pharmacies).

IKC IMMUNIZE KANSAS COALITION

Standing Order Resources (from Immunize.Org)

Standing Orders Templates for Administering Vaccines Landing Page:

- https://www.immunize.org/standing-orders/

Influenza Vaccine Standing Order Templates (both were updated 9/14/2023)

- "Influenza inactivated and live intranasal – adults"
  - https://www.immunize.org/catg.d/p3074.pdf
- "Influenza inactivated and live intranasal – children and teens"
  - https://www.immunize.org/catg.d/p3074a.pdf(opens in a new tab)

How to Use Standing Orders

- "Steps to implementing standing orders for immunization in your practice setting"
  - *https://www*.immunize.org/catg.d/p3067.pdf
    Updated 6/12/23

- "Influenza inactivated and live intranasal – adults"
  - https://www.immunize.org/catg.d/p3066.pdf
    Updated 5/29/23

IKC IMMUNIZE KANSAS COALITION

Lesson 7:
Wrap Up

IMMUNIZE KANSAS COALITION

Here are the key points:

1. Flu is a serious illness that takes a heavy toll on people in the U.S. every year.

2. Flu vaccine can prevent illness or at least make it less severe. It also prevents the spread of the disease.

3. In Kansas there's room for improvement in flu vaccination rates in all age and risk groups, and especially for adults ages 18 to 64.

4. Making a strong recommendation and being prepared to answer questions succinctly helps office vaccination rates.

5. Use office-based strategies (e.g., patient reminders, standing orders, immunization rates assessment with feedback to clinicians).

IKC IMMUNIZE KANSAS COALITION

Reminders/Tips

What steps will you take next?

Here are some ideas.

- Start using the SHARE model and other tips you learned in this module

- Share this module with others in your practice or use it to teach an in-service

- Do a quality improvement project to boost your flu vaccination rates (you may want to start by focusing one age group) Using KS WebIZ data can help you track your progress

IKC IMMUNIZE KANSAS COALITION

Congratulations!

You have finished this module.

Full list of resources used in the creation of this module:
Flu Immz Resources – Updated Sept 2025.docx

You can download the American College of Physicians' "Vaccine-Catch-Up" template from their webpage, or by clicking the link below.
vaccine-catch-up-email-template.docx

IKC IMMUNIZE KANSAS COALITION

If you are a healthcare provider and want CE credit…

IKC's *Preventing Flu* education module is a 0.5-hour Continuing Education (CE) activity. CE is available at no cost to physicians, pharmacists, physician assistants, nurses, and nurse practitioners.

These slides contain the same content as the education module; however, you will need to complete the online education module to claim your CE credit.

To start the online education module, scan the QR code, or visit the link below:

https://rise.articulate.com/share/O7bkDu1VM4Xjx13lH1iPBbApoDQUi1dJ

IKC IMMUNIZE KANSAS COALITION

#KansasFightsFlu

#KansasFightsFlu is a campaign to encourage healthcare providers and organizations to raise awareness on the importance of influenza immunization rates in our communities. The goal is to increase rates of influenza vaccinations across Kansas.

Visit IKC's #KansasFights Flu page to for the latest flu resources, graphics, reels, and more!

KANSAS fights FLU

IKC IMMUNIZE KANSAS COALITION