

Flu vaccination // vaccination sheet

Fluad 2025 / 2026 - MF59 adjuvanted influenza vaccine

Personal Information: (Please fill out legibly in block letters)

Surname: _____ First name: _____

Birthday: _____

Cigna insured yes/ no

Please be informed that people that are not Cigna insured are advised to see their own Physician.

Questions:

Yes

No

Did you have any health problems during / after previous vaccinations (no matter which ones). problems or complications, especially allergic reactions (rashes, shortness of breath, swelling of face or tongue)? If yes, which? _____

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Do you have any known allergies, especially to vaccine components such as **chicken protein, formaldehyde, sodium monohydrogen phosphate and dihydrogen phosphate** and others: sodium chloride, Octoxinol-9

If yes, which? _____

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Do you currently have health problems or do you suffer from acute or chronic illnesses? If yes, which? _____

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Are you currently undergoing hyposensitization?
(There should be 1 to 2 weeks between vaccination and hyposensitization injection)

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Do you suffer from a blood clotting disorder? Take anticoagulants medication? If yes, which? _____

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Do you have an immune system disease? Take or have have taken medication that suppresses the immune system in the last 3 months, e.g. cortisone? If yes, which? _____

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Women Only: Are You Pregnant?

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Consent form:

I have taken note of the contents of the leaflet (vaccination against influenza), I have been informed and was able to clarify further questions with the vaccinating doctor.

I have no further questions and would like to be vaccinated against influenza.

Date, signature (in the case of minors, the legal guardian)

Due to the very rare allergic reactions, it is recommended to stay at the vaccination site or under medical supervision for 15-20 minutes after vaccination.

vaccination documentation— is filled out by the doctor

Injection in upper arm

date

batch no.

vaccinator

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Signature of the vaccinator:

Flu vaccination // Information 2025/2026

Fluad 2025 / 2026 – MF59 adjuvanted influenza vaccine

Influenza infections are widespread across the globe. The disease may appear sporadically, occur locally, or spread as a seasonal epidemic. During the 2018 flu season, more than 1,600 people in Germany were confirmed to have died from influenza, with a likely high number of unreported cases. Older adults and people with weakened immune systems are particularly at risk. True influenza is not a harmless cold, even if the word “flu” is often used casually in everyday language.

Since pandemics like swine flu, bird flu, and especially COVID-19, public awareness of how serious viral infections can be has increased significantly. Even though no pandemic influenza strain is currently circulating, annual vaccination remains the most effective protection against severe illness, especially for those aged 60 and older.

The Fluad vaccine provides high-dose protection against the three influenza virus strains recommended by the WHO for the 2025/2026 season:

- A/Victoria/4897/2022 (H1N1)pdm09
- A/Croatia/10136RV/2023 (H3N2)
- B/Austria/1359417/2021 (B/Michigan/01/2021, wild type) – (B/Victoria lineage)

Note: The B/Yamagata lineage has not been detected for several years and is therefore not included in this vaccine. Fluad is a **trivalent vaccine**.

Fluad is a **MF59 adjuvanted influenza vaccine**. It was specifically developed for people aged 60 years and older, as immune responses to conventional vaccines tend to be lower in this age group.

Influenza viruses are mainly transmitted by droplets through coughing or sneezing and, less frequently, through direct contact such as shaking hands. Symptoms typically begin 2–3 days after infection, starting suddenly with high fever, dry cough, severe headache, muscle and joint pain, and a general feeling of illness. A runny nose is uncommon. The illness usually lasts several days to a few weeks. Complications such as pneumonia are a common cause of severe outcomes.

Vaccination with Fluad is an effective method of prevention. It is an **inactivated (non-live) vaccine**, meaning that the virus components it contains cannot cause illness but stimulate the immune system to produce protective antibodies. Since influenza viruses constantly mutate, the vaccine is reformulated each year in accordance with WHO recommendations. **Annual revaccination is necessary.** The vaccine is administered as a **single intramuscular injection** into the upper arm, ideally between October and November. Later vaccination is also possible. Protection begins about **2–3 weeks after vaccination** and **lasts for 6 to 12 months**.

The **Standing Committee on Vaccination (STIKO)** recommends that **all individuals aged 60 and over** receive an annual flu vaccination with a high-dose vaccine like Fluad, as studies have shown it provides better protection than standard flu vaccines in this population.

Other groups for whom annual influenza vaccination (with an appropriate vaccine) is recommended include:

- People with chronic illnesses (e.g. respiratory diseases, heart/circulatory issues, liver/kidney disease, diabetes, immune deficiencies, HIV)
- Residents of nursing or long-term care facilities
- Pregnant women (from the second trimester; with preexisting conditions, also from the first trimester)
- Healthcare workers and individuals with frequent public contact
- Close contacts of high-risk individuals
- People who have direct contact with poultry or wild birds (to prevent co-infection with avian influenza)

Many federal states have state vaccination recommendations that go beyond the STIKO and generally recommend the flu vaccination for all adults (and sometimes also children). Fluad is produced in chicken eggs. A known **egg protein allergy** is therefore a contraindication. Other contraindications include known allergies to components such as **formaldehyde, potassium chloride, or neomycin**. Vaccination should be postponed in cases of **acute illness or fever**.

Fluad is not approved for use during the first trimester of pregnancy.

Avoid unusual physical exertion for up to **3 days after the vaccination**. Exercise is generally permitted – with reduced strain on the vaccinated arm..

Possible side effects of vaccination against influenza Local and general reactions

- **Very common (>10%):** Injection site pain, muscle pain, headache, general malaise
- **Common (1-10%):** Fever, chills, joint pain, redness or hardening at the injection site
- **Uncommon (0.1-1%):** Itching, nausea, diarrhea, hot flushes, hematoma at the injection site
- **Rare (0.01-0.1%):** Allergic reactions (including anaphylaxis), angioedema/urticaria, rhinorrhea, flu-like illness, general discomfort.