

Flu vaccination // vaccination sheet

Fluad 2026 / 2027 - MF59-adjuvanted vaccine (trivalent)

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

Surname: _____ First name: _____

Birthday: _____

Employer: _____

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 **egg protein, kanamycin, formaldehyde, hydrocortisone, Cetyltrimethylammonium bromide (CTAB), neomycinsulfate?**

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 2026/2027

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Influenza infections are widespread across the globe. The illness can 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 term “flu” is often used casually.

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 (trivalent) vaccine protects against the three influenza virus strains recommended by the WHO for the 2026/2027 season:

- A/Missouri (H1N1)
- A/Darwin (H3N2)
- B/Tokyo
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Fluad achieves its enhanced immune response through the addition of the adjuvant MF59. It was developed specifically for older adults, as the immune response to standard vaccines is often weaker 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**.

Fluad is licensed for adults from age 50. The Standing Vaccination Committee (STIKO) recommends annual vaccination with an enhanced vaccine, either an MF59-adjuvanted vaccine such as Fluad or a high-dose vaccine, for all persons aged 60 and above, as these vaccines have shown better protection in studies compared to conventional flu vaccines.

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 using hens' eggs. A known **egg protein allergy** is therefore a contraindication. Allergies to components such as **formaldehyde, potassium chloride, or neomycin** should also be taken into account. Vaccination should be postponed in cases of **acute illness or fever**.

Fluad has not been studied in pregnancy; sufficient clinical data are not available, so it should generally not be used during pregnancy or breastfeeding unless clearly necessary.

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, flu-like illness
- **Rare (0.01-0.1%):** Allergic reactions (including anaphylaxis), angioedema/urticaria, rhinorrhea, general discomfort.