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Centers for Disease Control and Prevention

2024-2025 Seasonal Influenza Vaccine Update Vaccination Protection

Will this year's vaccine protect me against the flu?

This year's vaccine, *Flucelvax Quadrivalent* protects against four different flu viruses, including two influenza A viruses and two influenza B viruses that research indicates will cause the most illness during the 2022-2023 flu season. This year's vaccine contains these influenza virus strains.

- an A/Victoria/4897/2022 (H1N1)pdm09-like virus
- an A/Darwin/9/2021 (H3N2)-like virus
- a B/Austria/1359417/2021-like virus
- a B/Phuket/3073/2013-like virus

The 2024-25 influenza vaccine can protect you from getting sick from these viruses, or it can make your illness milder if you get a related but different influenza virus strain.

This recommendation is the same as the Southern Hemisphere flu vaccine recommendation. For more information, visit [Influenza Vaccine for the 2024-2025 Season | FDA](#)

For more information about the effectiveness of flu vaccine, visit <http://www.cdc.gov/flu/about/qa/vaccineeffect.htm>

Who should get vaccinated this season?

In general, anyone who wants to reduce their chances of getting the flu should get vaccinated. However, it is recommended by CDC and the Advisory Committee on Immunization Practices (ACIP) that certain people should get vaccinated each year. Most of these people are recommended for vaccination because they are at high risk of having serious flu complications or they live with or care for people at high risk for serious complications.

People recommended for seasonal influenza vaccination during the 2024-25 seasons:

- Children aged 6 months up to their 19th birthday.
- Pregnant women.
- People 50 years of age and older.
- People of any age with certain chronic medical conditions.
- People who live in nursing homes and other long-term care facilities.
- People who live with or care for those at high risk for complications from the flu, including:
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)