

Telehealth Flu Vaccination Guide

Educate and schedule patients for an annual flu vaccination.

Talking to your patients about the need for an annual flu vaccination should be part of any telehealth conversation. This guide provides you with best practices and talking points to translate those telehealth calls into vaccination appointments.



Follow these steps:



1. PRE-CALL PREP

Before the call, review patient vaccination records, and think through the best talking points to use based on age, pre-existing conditions, and family history.



2. OUTLINE THE CONVERSATION

Structure the appointment, and know ahead of time how you will prompt the conversation around your patient's vaccination plans and answer any questions they may have.



3. DURING THE TELEHEALTH CALL

- Stress the importance of annual flu vaccination.¹
- Based on the patient's background, refer to the talking points listed on page 2.
- Educate the patient on other preventive measures (eg, hand washing, social distancing, and mask wearing to protect against influenza and COVID-19), while emphasizing flu vaccination.²
- If the patient is interested in receiving COVID-19 vaccination, inform them that receiving both influenza and COVID-19 vaccines at the same time is in accordance with best practice and has shown to have similar levels of protection and safety as receiving them separately.^{3,4}
- Answer any questions the patient may have before scheduling the appointment. If they are vaccine hesitant, reinforce the safety and efficacy of flu vaccines, as well as the benefit to those around them.¹
- Schedule the patient's flu vaccination appointment.



4. POST-CALL

Send a flu vaccination appointment confirmation or scheduling reminder, or plan a follow-up call for those who weren't ready to schedule a flu vaccination.

Print this guide to share with your staff, and start implementing today!

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Talking Points to Consider



EXTENDING FLU VACCINATIONS

The CDC recommends people get a flu shot by the end of October, but you should offer it all flu season—even into spring.¹

- The flu shot is always important, and this fall and winter it's imperative to reduce the burden of respiratory illness on healthcare facilities.¹
- It's not too late to get a flu shot to help protect yourself, loved ones, and your community.¹
- It can still be beneficial to receive a flu shot through May, since flu activity can extend into spring.^{1,5}



PEDIATRIC

Talk to parents about the protection a flu shot may provide their kids.⁶

- The CDC recommends everyone 6 months and older receive an annual flu shot, with rare exception, to help prevent flu.¹
- Children younger than 5 years, especially those younger than 2 years, and children with certain underlying medical conditions are at an increased risk of hospitalization and complications attributable to influenza.⁶
- Historically, up to 80% of pediatric deaths have occurred in unvaccinated children 6 months and older.⁷



ADULTS 65 YEARS AND OLDER

Since adults 65 years and older are at high risk for flu complications, discuss how a flu shot can help protect them.⁸

- Adults 65 years and older often have an age-related decline of their immune systems, leaving them more vulnerable to flu and its serious complications compared with young, healthy adults.^{8,9}
- The flu shot may reduce the chance of flu infection in adults 65 years and older, including those with chronic health conditions.⁸
- In fact, there are flu shots specifically designed for adults 65 years and older.⁴ Higher dose or adjuvanted influenza vaccines are preferentially recommended for this age group.⁴



IMPORTANCE OF FLU VACCINATION

Stress the importance of the flu shot for everyone who is eligible, to help prevent the flu, and discuss the role of flu vaccines as a critical public health tool for children, adolescents, and adults.^{1,7,8}

- The CDC recommends everyone 6 months and older receive an annual flu shot, with rare exception, to help prevent flu.¹
- The flu shot helps reduce the chance of catching the flu and spreading it to others. It can reduce doctor visits, as well as prevent flu-related hospitalizations and deaths.¹
- The CDC recommends that people get a flu shot by the end of October, but that vaccination should continue to be offered throughout the flu season, even into spring—as long as influenza viruses are circulating and unexpired vaccine is available.¹⁴
- Eligible patients can receive their flu vaccination at the same time as a COVID-19 vaccination.⁴

In the US, flu shots helped prevent approximately **39,000-100,000 hospitalizations** and approximately **2,800-12,000 deaths**^{†10}

*If these vaccines are not available at an opportunity for vaccine administration, then any other age-appropriate influenza vaccine should be used.

†CDC estimates from US 2010-2011 through 2019-2020 influenza seasons.

Need more **flu360**[®] resources? Visit [flu360.com](https://www.flu360.com) for complete support of your flu vaccination campaign.

References: **1.** Centers for Disease Control and Prevention. Key facts about seasonal flu vaccine. Accessed March 28, 2023. <https://www.cdc.gov/flu/prevent/keyfacts.htm> **2.** Centers for Disease Control and Prevention. Preventive steps. Accessed March 28, 2023. <https://www.cdc.gov/flu/prevent/prevention.htm> **3.** Centers for Disease Control and Prevention. Interim clinical considerations for use of COVID-19 vaccines currently approved or authorized in the United States. Accessed March 28, 2023. <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html> **4.** Grohskopf LA, Blanton LH, Ferdinands JM, et al. Prevention and control of seasonal influenza with vaccines: recommendations of the Advisory Committee on Immunization Practices — United States, 2022-23 influenza season. *MMWR Recomm Rep.* 2022;71(1):1-28. **5.** Centers for Disease Control and Prevention. Flu season. Accessed March 28, 2023. <https://www.cdc.gov/flu/about/season/flu-season.htm> **6.** Committee on Infectious Diseases. Recommendations for prevention and control of influenza in children, 2022-2023. *Pediatrics.* 2022:e2022059274. doi:10.1542/peds.2022-059274 **7.** Centers for Disease Control and Prevention. Flu vaccines are important for children. Accessed March 28, 2023. <https://www.cdc.gov/flu/highrisk/children.htm> **8.** Centers for Disease Control and Prevention. Flu & people 65 years and older. Accessed March 28, 2023. <https://www.cdc.gov/flu/highrisk/65over.htm> **9.** Monto AS, Ansaldo F, Aspinall R, et al. Influenza control in the 21st century: optimizing protection of older adults. *Vaccine.* 2009;27(37):5043-5053. doi:10.1016/j.vaccine.2009.06.032 **10.** Centers for Disease Control and Prevention. Past seasons estimated influenza disease burden averted by vaccination. Accessed March 28, 2023. <https://www.cdc.gov/flu/vaccines-work/past-burden-averted-est.html>

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