

2022 FLU VACCINE TYPES

Flu Vaccine Type	Route	Indication
Regular Flu Vaccine	Intramuscular	Recommended for everyone 6 months and older (egg-free options available)
FluMist	Intranasal	Can be given to non-pregnant people 2 through 49 years of age
Flublok	Intramuscular	For adults 18+, egg-free, has 3 times the amount of antigen of regular flu vaccine to boost immune response; good option for adults 50+ with chronic health conditions.
High Dose Flu Vaccine or Adjuvanted Flu Vaccine	Intramuscular	For adults 65; high dose has 4 times the amount of antigen of the regular flu vaccine and the adjuvanted flu vaccine has an adjuvant or ingredient; both vaccines boost immune response