



# Vaccine Resource Center

**Your access to affordable vaccines is made easy through IPC's preferred vaccine vendors.**





## IPC Vaccine Resources

As part of our commitment to supporting independent pharmacy, IPC has gathered complimentary vaccine resources from our Preferred Vendor Partners to help you grow your immunization program with direct-to-consumer marketing tools.

Vaccinations against preventable diseases not only protect your patients but also strengthen community health and ease the burden on our healthcare system. Use these resources to raise awareness about the risks of influenza (flu), pneumonia, and other preventable illnesses within your community.

For additional downloadable and orderable materials, visit IPC's Vendor Advantage Network for direct links and expanded resources to support your pharmacy's immunization efforts.





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# Don't Let Your Guard Down!

COVID-19 is very contagious and can cause long-lasting effects. Continue to shield your health with a COVID vaccine or booster.

## Symptoms of COVID-19 include:

- Fever and/or chills
- Cough
- Fatigue
- Loss of taste or smell
- Shortness of breath
- Muscle or body aches
- Sore throat
- Runny nose
- Headache
- Nausea
- Vomiting
- Diarrhea

Ask your healthcare provider or pharmacist about a COVID-19 vaccine or booster today!

Choice | Confidence | Commitment | Safety  
BioSupply.FFFenterprises.com | (800) 843-7477



Buyers and Physicians  
**SCAN HERE**  
BioSupply.FFFenterprises.com





# Protect Your Student Body

COVID-19 is very contagious and can cause long-lasting effects.  
Reduce your risk and build your future with a COVID-19 vaccine or booster.



## Symptoms of COVID-19 include:

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- Cough
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- Loss of taste or smell
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MyFluVaccine.com | (800) 843-7477



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LOCATION(S):

DATE(S):

TIME(S):



# Don't Miss a **MOMENT**

**COVID-19 is very contagious and can cause long-lasting effects. Get vaccinated so you can spend time with those who matter most.**

## Symptoms of COVID-19 include:

- Fever and/or chills
- Cough
- Fatigue
- Loss of taste or smell
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- Muscle or body aches
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- Runny nose
- Headache
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- Exposure to cold weather: There is no evidence that cold weather can kill the SARS-CoV-2 virus.
- Taking vitamin D supplements: There is no evidence that vitamin D supplementation can prevent or treat the SARS-CoV-2 virus.
- Drinking water: While it's important to hydrate when ill, drinking water will not wash the virus down a person's throat and into the stomach, where it will be killed by stomach acid or prevent the virus from entering the lungs.
- Ingesting highly toxic products: Toxic substances like disinfectants, bleach, and/or rubbing alcohol are hazardous when consumed. They should never be ingested or rubbed excessively on the body.
- Taking medicines approved for animals: Ivermectin – a drug that controls parasites in animals and humans – will not prevent or cure COVID-19. Formulations for animals differ from formulations for people and thus can be very toxic to humans.

#### Myth:

There are no long-term effects of COVID-19.

#### Fact:

While most people who contract the SARS-CoV-2 virus recuperate within a few weeks, some symptoms last for a long time afterward. There are a variety of names for this, including post-COVID-19 syndrome, post-COVID conditions, long COVID, long-haul COVID-19, and post-acute sequelae of SARS-CoV-2 infection. With long COVID, individuals experience new, returning, or ongoing symptoms that last more than four weeks after contracting the virus, and for some, these symptoms last for months or years. The most common symptoms include fatigue, symptoms that worsen

after physical or mental effort, and fever and lung (respiratory) symptoms, including difficulty breathing, shortness of breath, and cough. But other more serious symptoms include:<sup>1,2</sup>

- Neurological symptoms or mental health conditions, including difficulty thinking or concentrating, headache, sleep problems, dizziness when standing, loss of smell or taste, pins-and-needles feeling, and depression or anxiety
- Joint or muscle pain
- Heart symptoms or conditions, including chest pain and fast or pounding heartbeat
- Digestive symptoms, including diarrhea and stomach pain
- Blood clots and blood vessel (vascular) issues, including a blood clot that travels to the lungs from deep veins in the legs and blocks blood flow to the lungs (pulmonary embolism)
- Other symptoms, such as a rash and changes in the menstrual cycle

#### Myth:

The COVID-19 pandemic is over.

#### Fact:

Thanks to vaccination and mitigation efforts, COVID-19 is no longer considered a public health emergency. However, it is too early for people to let their guard down as COVID-19 and its variants could still emerge worldwide. Additionally, the possibility of overcrowded healthcare facilities and systems at the height of respiratory disease seasons remains a concern.<sup>13</sup>

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Accessed July 2023

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# COVID-19 VACCINE

# MYTHS & FACTS

Get the facts to keep you and your loved ones COVID-19 free.



Choice | Confidence | Commitment | Safety  
MyFluVaccine.com | (800) 843-7477

# MYTHS & FACTS

## Myth:

COVID-19 tests can't distinguish between the SARS-CoV-2 virus and the flu.

## Fact:

The most widely used COVID-19 tests initially could detect only the SARS-CoV-2 virus and not the flu. However, in July 2021, CDC began using the "multiplexed method," a new test that could check for both influenza and COVID-19 simultaneously, which caused many to believe the original tests couldn't distinguish the SARS-CoV-2 virus from other viruses. CDC switched to the multiplexed PCR test since it can diagnose both viruses at the same time.<sup>3</sup>

## Myth:

Rapid tests cannot diagnose COVID-19.

## Fact:

While PCR tests are considered the "gold standard" for diagnosing COVID-19, rapid tests (or antigen tests) provide a diagnosis in minutes rather than days, which can help determine whether someone is contagious and can spread the virus to others. PCR tests are based on detecting the genetic material inside the coronavirus, which means it can detect an infection in the earliest stages, often days before symptoms start. Rapid tests swab the nose to look for viral antigens (proteins). The more antigens detected, the more likely the test will be positive.<sup>4</sup>

## Myth:

Natural immunity to the SARS-CoV-2 virus is better than immunity from the COVID-19 vaccines.

## Fact:

There was some truth to this myth at the beginning when natural immunity in individuals previously infected with COVID-19 had greater protection against the Delta variant, but when the Omicron variant emerged, that was no longer the case. Natural immunity from a past COVID-19 infection varies greatly, whereas vaccine-related immunity has been studied in-depth and is relatively consistent. The COVID-19 vaccines provide safer, better, and longer-lasting protection against serious illness than a previous infection. It's much safer to get vaccinated than it is to risk a potentially severe bout with COVID-19.<sup>2</sup>

## Myth:

Since herd immunity will end the pandemic, vaccines aren't necessary.

## Fact:

Also referred to as "community immunity," herd immunity is a public health term used to describe a case in which the potential for person-to-person spread is significantly reduced due to the broader community's resistance against a particular pathogen. High herd

immunity levels have enabled the United States to largely control polio and measles, caused by viruses that have not evolved significantly. However, achieving herd immunity with respiratory viruses such as influenza, which continually mutate, has been less successful. While previously infected individuals' immune systems will recognize the COVID-19 variants, it is unknown what level of immunity against a specific variant or how degraded the immune response will be. However, current vaccines recognize the COVID-19 variants and induce excellent immunity against them.<sup>5, 6</sup>

## Myth:

The COVID-19 vaccine ingredients are dangerous.

## Fact:

According to CDC, there is nothing dangerous about the COVID-19 vaccine ingredients. They don't contain preservatives, tissues, antibiotics, food proteins, medicines, latex, metals, microchips, or live viruses—Here's what they do contain:<sup>7</sup>

- Moderna and Pfizer-BioNTech: mRNA (messenger ribonucleic acid), lipids, and sugar. The Moderna vaccine also contains acetic acid and acid stabilizers.
- Novavax: a SARS-CoV-2 recombinant spike protein made from moth cells; an adjuvant that contains saponins (a soap-like substance derived from the soapbark tree); salts; food additives (disodium hydrogen phosphate dihydrate and sodium dihydrogen phosphate monohydrate); cholesterol; phosphatidylcholine (a chemical found in many foods such as eggs and soybeans); and water.

## Myth:

mRNA vaccines are not really vaccines.

## Fact:

mRNA vaccines are real vaccines. Research and development into using mRNA technology to create vaccines has been underway for years. mRNA vaccines differ from other vaccines in that they do not contain a weakened version of the virus but instead trigger an immune response by teaching cells in the body to make a harmless piece of a spike protein found on the surface of the virus that causes COVID-19. Cells then display this spike protein on their surface, and the immune system responds by producing antibodies against it.<sup>2</sup>

## Myth:

COVID-19 mRNA vaccines can alter DNA.

## Fact:

COVID-19 mRNA vaccines do not alter a person's DNA. The mRNA vaccines never enter the nucleus of the cell (the place where a person's DNA is stored). Instead, after injection, the mRNA from the vaccine is released into the

cytoplasm of the cells, and once the viral protein is made and on the cell's surface, mRNA is broken down, and the body permanently rids itself of it, and all the other vaccine ingredients. The mRNA does not have a chance to change a person's DNA.<sup>2</sup>

## Myth:

COVID-19 vaccines can affect fertility.

## Fact:

There is currently no evidence that COVID-19 vaccines cause fertility problems. Several studies evaluating the safety and efficacy of vaccines on fertility and pregnancy have all shown that the COVID-19 vaccines do not affect sperm and are safe for pregnant people or those who wish to become pregnant in the future.<sup>2</sup>

## Myth:

COVID-19 vaccines don't protect against the variants.

## Fact:

No evidence shows that the COVID-19 vaccines don't protect against variants, and boosters are now being designed to target the latest variants. Researchers found booster's offered substantial protection among adults with healthy immune systems eligible to receive them during the Omicron variant evolution in early 2022. Importantly, vaccines help stop the spread of the SARS-CoV-2 virus, which decreases the ability of the virus to mutate and thus helps prevent other variants from emerging.<sup>9</sup>

## Myth:

COVID-19 is not really dangerous anymore because treatments are widely available.

## Fact:

While it is true that there are treatments available for COVID-19, the best way to avoid severe illness, hospitalization, and death is by getting vaccinated against the SARS-CoV-2 virus.<sup>7, 10</sup>

## Myth:

There are other treatments that can prevent or cure a COVID-19 infection.

## Fact:

There is one treatment, Ewusfield, that can help protect some people from COVID-19 before they are exposed to the SARS-CoV-2 virus, but CDC emphasizes that it is not a substitute for a COVID-19 vaccine. However, many myths are being spread about using other things to prevent or treat COVID-19, including:<sup>11</sup>

- Antibiotics: Antibiotics can only treat bacterial infections, not viruses, so antibiotics should not be used to prevent or treat the SARS-CoV-2 virus.



# KISS THE FLU GOOD-BYE

## SYMPTOMS OF THE FLU INCLUDE:

- Fever
- Aches
- Chills
- Coughing
- Sore throat
- Runny nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea

## PLANNING AHEAD IS YOUR BEST STRATEGY.

It's never too late to protect yourself with this season's flu vaccine. There is even an intranasal flu vaccine option for those afraid of needles.<sup>1</sup>

did  
*you?*  
know

All ages are vulnerable to the influenza virus and the Advisory Committee on Immunization Practices recommends annual vaccination for patients 6 months and above.<sup>2</sup>

Ask your physician  
or pharmacist  
about getting  
your flu vaccine  
today!



**SAFE | CONVENIENT | RELIABLE**  
**MyFluVaccine.com | (800) 843-7477**

<sup>1</sup> For the ACIP's latest influenza vaccine recommendations, please visit [www.cdc.gov/flu/prevent/different-flu-vaccines.htm](http://www.cdc.gov/flu/prevent/different-flu-vaccines.htm)  
<sup>2</sup> CDC (March 21, 2019) ACIP Recommendations, retrieved from [www.cdc.gov/vaccines/acip/recommendations.html](http://www.cdc.gov/vaccines/acip/recommendations.html)

CLINIC LOCATION(S):

DATE(S):

TIME(S):

# FALL FUN NOT THE FLU

## GET YOUR FLU VACCINE

### SYMPTOMS OF THE FLU INCLUDE:

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- Aches
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- Vomiting and diarrhea

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It's never too late to protect yourself with this season's flu vaccine. There is even an intranasal flu vaccine option for those afraid of needles.<sup>1</sup>

did  
*you?*  
know

People 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age.<sup>2</sup>

Ask your physician  
or pharmacist  
about getting  
your flu vaccine  
today!



**SAFE | CONVENIENT | RELIABLE**  
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<sup>1</sup> For the ACIP's latest influenza vaccine recommendations, please visit [www.cdc.gov/flu/prevent/different-flu-vaccines.htm](http://www.cdc.gov/flu/prevent/different-flu-vaccines.htm)

<sup>2</sup> CDC (August 12, 2020) Flu & People 65 Years and Older, retrieved from [www.cdc.gov/flu/highrisk/65over.htm](http://www.cdc.gov/flu/highrisk/65over.htm)

CLINIC LOCATION(S):

DATE(S):

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**RECIPE FOR  
STAYING HEALTHY:**

**GET YOUR  
FLU VACCINE**

**SYMPTOMS OF  
THE FLU INCLUDE:**

- Fever
- Aches
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<sup>2</sup>CDC (August 12, 2020) Flu & People 65 Years and Older, retrieved from [www.cdc.gov/flu/highrisk/65over.htm](http://www.cdc.gov/flu/highrisk/65over.htm)

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**Prevention Posters**



**Reference Charts**

# COMPLIMENTARY RESOURCES

Order FREE  
resource materials



Order FREE  
vaccine resources



**Award-Winning Publications**



**Myths & Facts Brochures**



**YOU CAN  
MISS A LOT  
WHEN YOU  
MISS YOUR  
SHOT**



## **ANNUAL FLU VACCINATIONS**

The best way to make sure you and your family don't miss out on the moments that matter most.<sup>1</sup>

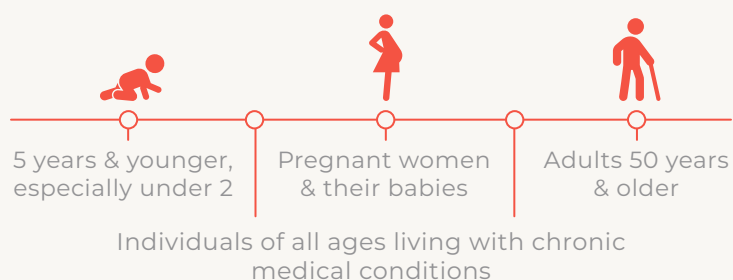
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## THE IMPACT OF INFLUENZA

Influenza, commonly known as the flu, is a highly contagious and potentially life-threatening respiratory illness.<sup>1</sup>

A serious threat for high-risk populations<sup>2,3</sup>



The burden of flu in the community<sup>\*4</sup>



### The burden of flu at home

The average flu illness can last up to

**7 DAYS<sup>5</sup>**

The flu causes

**MORE MISSED SCHOOL DAYS**

than any other respiratory virus<sup>6</sup>

When someone in your family gets the flu, **50% of people in your home will be infected<sup>7</sup>**

## THE VALUE OF VACCINATION

The Centers for Disease Control and Prevention (CDC) recommends an annual flu shot.<sup>1</sup>

### Who?

All patients **6 months & older**  
Even for those currently experiencing minor illnesses, with rare exceptions.<sup>1,8</sup>

### When?

Throughout the flu season  
Influenza activity begins in the fall, but can continue through May.<sup>1</sup>

### Why?

To protect you and your loved ones  
Reduce the risk of getting the flu and serious complications.<sup>1</sup>

The flu vaccine helps prevent illnesses, hospitalizations, and deaths<sup>\*9</sup>

**9.8 million fewer**



illnesses/year

**120,000 fewer**



hospitalizations/year

**7,900 fewer**



deaths/year

\*Based on the 2023-24 season.

The flu vaccine can help protect your entire family

UP TO  
**82% fewer**

ICU admissions<sup>10</sup>

UP TO  
**50% fewer**

ER visits (children)<sup>11</sup>

UP TO  
**65% fewer**

deaths (children)<sup>11</sup>





## COMMON QUESTIONS ABOUT THE INFLUENZA VACCINE

Is the flu shot safe?

**YES**

Hundreds of millions of Americans have safely received flu vaccines for more than 80 years, and there has been extensive research supporting the safety of flu vaccines.<sup>12,13</sup>

Will I get the flu from the flu shot?

**NO**

The flu vaccine cannot give you the flu. You may experience different side effects when getting your flu shot, but these are usually mild and short-lasting, especially when compared to actual flu symptoms.<sup>1</sup>

Can I get my flu shot with other vaccines?

**YES**

The flu vaccine can be given alone or with other vaccines, including COVID-19, RSV, and shingles vaccines. Ask your doctor for more information.<sup>2</sup>

Why should I get the flu shot if I can still get the flu?

While some people may still get sick with the flu, vaccination can mean getting less sick for a shorter amount of time.<sup>1</sup>

**Yearly vaccines are still the best way to protect you and your family from the flu.<sup>1</sup>**

Don't miss out on the moments that matter most.  
**Schedule your family's flu shots today.**

**References:** 1. CDC. Key facts about seasonal flu vaccine. Accessed March 11, 2025. <https://www.cdc.gov/flu/vaccines/keyfacts.html> 2. Grohskopf LA, et al. *MMWR Recomm Rep*. 2024;73(5):1-25. 3. CDC. Flu and children. Accessed March 25, 2025. <https://www.cdc.gov/flu/highrisk/children.html> 4. CDC. Preliminary estimated flu disease burden 2023-2024 flu season. Accessed March 25, 2025. <https://www.cdc.gov/flu-burden/php/data-vis/2023-2024.html> 5. CDC. Clinical signs and symptoms of influenza. Accessed April 1, 2025. <https://www.cdc.gov/flu/hcp/clinical-signs/index.html> 6. McLean HQ, et al. *Influenza Other Respir Viruses*. 2017;11(3):220-229. 7. Rolfes MA, et al. *JAMA*. 2023;329(6):482-489. 8. CDC. Who should not get vaccinated with these vaccines? Accessed April 15, 2025. <https://www.cdc.gov/vaccines/vpd/should-not-vacc.html> 9. CDC. Flu burden prevented from vaccination 2023-2024 flu season. Accessed March 11, 2025. <https://www.cdc.gov/flu-burden/php/data-vis-vac/2023-2024-prevented.html> 10. CDC. Benefits of the flu vaccine. Accessed March 11, 2025. <https://www.cdc.gov/flu-vaccines-work/benefits/index.html> 11. CDC. Flu vaccine effectiveness for children and older adults. Accessed March 25, 2025. <https://www.cdc.gov/flu-vaccines-work/risk-groups/index.html> 12. CDC. Influenza (flu) vaccine safety. Accessed March 11, 2025. <https://www.cdc.gov/vaccine-safety/vaccines/flu.html> 13. Kim YH, et al. *Rev Med Virol*. 2022;32(1):e2243.

A photograph of three people sitting on a sandy beach, facing away from the camera and looking out at the ocean. They are sitting in folding chairs. The person on the left is wearing a striped shirt and a hat. The person in the middle is wearing a red cap and a backpack. The person on the right is wearing a hat and a yellow woven chair. There are fishing rods set up in the sand between them. The ocean is blue with white waves, and the sky is a clear, light blue.

**THEY CAN  
MISS A LOT**

**WHEN THEY  
MISS THEIR  
SHOT**



**GET YOUR FLU SHOTS TODAY**  
**PROTECT LIFE'S PRECIOUS MOMENTS**

**CSL Seqirus**

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**THEY CAN  
MISS A LOT  
WHEN THEY  
MISS THEIR  
SHOT**

**GET YOUR FLU SHOTS TODAY**  
**KEEP THEM ON TRACK TOWARD SUCCESS**

**CSL Seqirus**

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# YOU CAN MISS A LOT WHEN YOU MISS YOUR SHOT



Dear <patient name>, name>,

The flu is a highly contagious disease that could cause you to miss out on some of life's most precious moments.

The good news? Getting a flu shot is easy and the single best way to help reduce the risk of illness and serious complications for yourself and others, such as hospitalization and death.<sup>1</sup>

In a single season alone,  
the flu vaccine kept about  
**9.8 MILLION PEOPLE**  
from getting sick<sup>2</sup>



So don't wait to get your flu shot. Help protect yourself and your family today.

**Call <insert phone here> or visit <insert URL here> to schedule your vaccination now.**

Sincerely,

<physician.practice  
name>

\*CDC estimates from 2023-2024 influenza season (for ages 6 months and older).

**References:** 1. CDC. Key facts about seasonal flu vaccine. Accessed March 11, 2025. <https://www.cdc.gov/flu/vaccines/keyfacts.html> 2. CDC. Flu burden prevented by vaccination 2023-2024 flu season. Accessed March 11, 2025. <https://www.cdc.gov/flu-burden/php/data-vis-vac/2023-2024-prevented.html>

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## Suggested CSL Seqirus 2025-2026 Flu Campaign Kit

### Text message

CSL Seqirus offers the following suggested text message for practices to use when speaking with their patients about the importance of vaccinations. Information is based on the CDC website listed below.

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### Gen Pop SMS

If you miss your flu shot, you could miss out on a lot of life's precious moments. That's why we're reminding you to get vaccinated. In the 2023-2024 flu season alone, the flu vaccine kept about 9.8 million people from getting sick. So don't wait—call <insert phone here> or visit <insert URL here> to schedule yours today.

\*CDC estimates from US 2023-2024 influenza season (for ages 6 months and older).

**Reference: 1.** CDC. Flu burden prevented from vaccination 2023-2024 flu season. Accessed March 11, 2025. <https://www.cdc.gov/flu-burden/php/data-vis-vac/2023-2024-prevented.html>

## Suggested CSL SEQIRUS 2025-2026 Flu Campaign Kit

### Phone Script

CSL Seqirus offers the following suggested phone script for practices to use when speaking with their patients about the importance of vaccinations. Information is based on the CDC website listed below.

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Hi, this is <practice name> calling to get your flu shot scheduled.

Did you know that the flu vaccine helped prevent about 9.8 million flu-related illnesses in just one season?<sup>\*1</sup> While some people may still get sick with the flu, vaccination can mean getting less sick for a shorter amount of time. In fact, yearly flu vaccines are the still the best way to protect you and your family from missing out on moments that matter most.<sup>2</sup>

\*CDC estimates from US 2023-2024 influenza seasons (for ages 6 months and older).

Call <insert phone here> or visit <insert URL here> to schedule.

**References:** 1. CDC. Flu burden prevented from vaccination 2023-2024 flu season. Accessed March 11, 2025.

<https://www.cdc.gov/flu-burden/php/data-vis-vac/2023-2024-prevented.html> 2.

CDC. Key facts about seasonal flu vaccine. Accessed March 11, 2025.

<https://www.cdc.gov/flu/vaccines/keyfacts.html>



# Get Your Flu and COVID-19 Vaccines in One Visit

COVID-19 VACCINE



FLU VACCINE



Eligible patients can receive other vaccines at the same time as a COVID-19 vaccine. This includes the annual flu vaccine. Get both vaccines to help protect against COVID-19 and influenza respiratory viral illness this season.



**Ask your doctor about your vaccine status today**

# YOUR ANNUAL FLU SHOT IS MORE IMPORTANT THAN EVER

## HERE'S WHY:

Last flu season,

~**52%**

of Americans were **UNVACCINATED** against the flu, which could lead to flu or flu-related complications.<sup>a</sup>



<sup>a</sup>CDC estimates for the 2023–2024 flu season were recorded as of May 11, 2024.  
CDC=Centers for Disease Control and Prevention.

The flu can have serious consequences, even in healthy individuals:

<sup>b</sup>These are CDC preliminary estimates from October 1, 2023 through June 1, 2024 and are subject to change.

The flu can increase the risk of first stroke by

~**8x**

1-3 days after influenza infection in adults 40+

UP TO  
~**24,000 – 71,000**  
FLU DEATHS<sup>b</sup>

The flu can increase the risk of a first heart attack by

~**10x**

1-3 days after influenza infection in adults 40+

UP TO  
~**390,000 – 810,000**  
FLU HOSPITALIZATIONS<sup>b</sup>



## You can help protect yourself for the upcoming flu season.

A flu shot can help prevent you from getting sick with flu and may help reduce the outcomes it can potentially lead to, including:



Flu-related heart complications and pneumonia



More sick days and less productivity



Making chronic conditions worse



Infecting your family and friends

In 2022–2023, flu vaccines prevented  
~**6 MILLION**  
SYMPTOMATIC ILLNESSES



**SCHEDULE YOUR  
FLU SHOT TODAY**



# ARE YOU READY FOR FLU SEASON?



Be prepared with these common FAQs around flu and respiratory vaccinations

## FAQS about the flu:

### ? Co-administration

#### What is co-administration?

Co-administration of vaccines means getting more than one vaccine during a single visit.

#### Can I get COVID-19, flu, and RSV vaccines at the same time?

**Yes.** Per the CDC, Flu, COVID-19, and RSV vaccines may be given at the same visit. Talk with your health care provider about this option. If you prefer to receive each vaccine at a separate visit, there is no minimum waiting period between vaccines.

#### Why get multiple vaccines at the same time?

It might be more convenient to get up to date on your vaccines in one visit, instead of returning for separate visits.

### ? Flu Vaccination

#### Can the flu shot give me the flu?

Flu shots do not cause the flu. The symptoms you may feel after a shot are not the flu. They are part of the normal process of your body's immune system developing an immune response to the virus to help protect you from the flu.

As this process can take up to 2 weeks, people may come down with the flu shortly after receiving a vaccine unrelated to the vaccine itself.

#### Why should I get a flu shot every year?

The flu vaccine you received for last year's flu may not offer protection from this year's flu. Influenza is constantly changing, and the flu vaccines are updated each year to help protect against the specific viruses circulating that season. Even if you received a flu vaccine last year, you could benefit from a flu vaccine this year.

### ? Trivalent Influenza Vaccines (TIV):

#### What is a trivalent influenza (flu) vaccine?

A trivalent influenza (flu) vaccine protects against three types of flu viruses, including two influenza A strains and one influenza B strain.

#### What is the difference between quadrivalent and trivalent flu vaccines?

Quadrivalent vaccines include four strains: two influenza A strains and two influenza B strains. Trivalent vaccines include three strains: two influenza A strains and one influenza B strain.

#### Why is the United States transitioning from quadrivalent to trivalent flu vaccines?

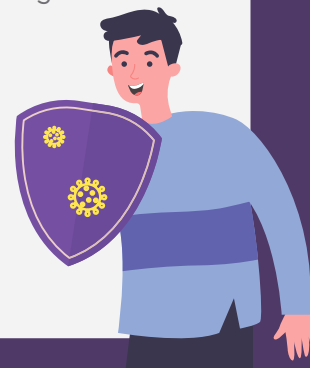
The United States is switching from quadrivalent to trivalent flu vaccines because one of the influenza B strains (B/Yamagata) hasn't been seen since March 2020.

#### Who can get trivalent flu vaccine?

Trivalent flu vaccines are for suitable people aged 6 months and older in the United States for the 2024–2025 season.

#### What side effects can occur after getting a flu vaccine?

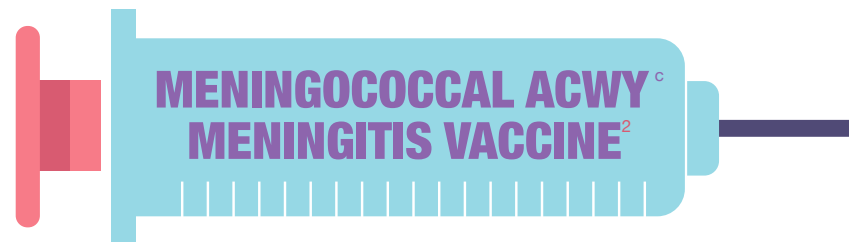
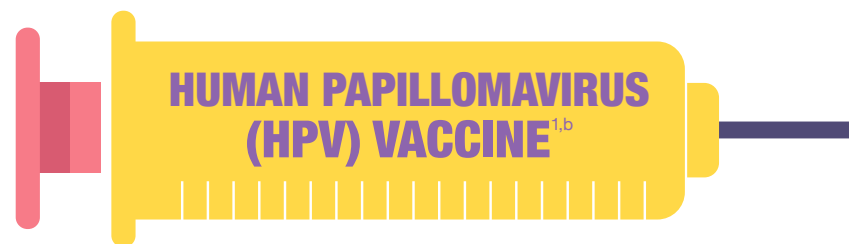
Some side effects that may occur are: Soreness, redness, and/or swelling where the shot was given, headache (low grade), fever, muscle aches, nausea, fatigue.



**ASK YOUR PHARMACIST ABOUT GETTING VACCINATED TODAY**

# WHY WAIT VACCINATE

BEFORE THE NEW SCHOOL YEAR BEGINS,  
CHECK IF YOU'RE UP-TO-DATE ON THESE  
CDC<sup>a</sup>-RECOMMENDED VACCINATIONS:



Vaccination goes  
with education



<sup>a</sup>CDC = Centers for Disease Control and Prevention. | <sup>b</sup>Depending on age and health status. Talk to your child's healthcare provider for details.

<sup>c</sup>ACWY = Serogroups A, C, W, and Y. | <sup>d</sup>Tdap = Tetanus, diphtheria, and acellular pertussis.

References: 1. Centers for Disease Control and Prevention (CDC). Recommended child and adolescent immunization schedule for ages 18 years or younger, United States, 2024. <https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>. Accessed June 12, 2024. 2. CDC. Vaccine information statement: meningococcal ACWY vaccine: what you need to know. <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/mening.pdf>. Accessed June 12, 2024. 3. CDC. Vaccine information statement: Tdap (tetanus, diphtheria, pertussis) vaccine: what you need to know. <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.pdf>. Accessed June 12, 2024.

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YOU'LL GET THE MOST PROTECTION BY  
VACCINATING AT LEAST 1 MONTH IN ADVANCE<sup>1</sup>



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BE SAFE THERE. ↩

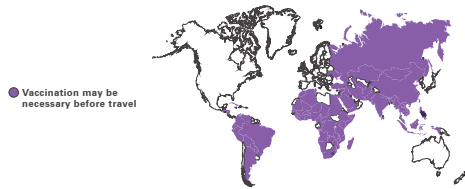
working  
for prevention

To know more, visit <https://wwwnc.cdc.gov/travel>

## KNOW WHERE THE RISKS ARE

### RABIES<sup>1-4</sup>

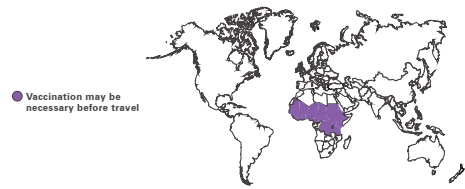
A deadly viral infection that causes fever, inflammation of the brain, anxiety, muscle weakness, paralysis, confusion, convulsions, and coma. Once symptoms develop, death is almost always inevitable<sup>1-4</sup>



Map adapted from: World Health Organization. Rabies- Presence of dog-transmitted human rabies: 2021<sup>1</sup> and Centers for Disease Control and Prevention (CDC). Travelers' Health<sup>2</sup>

### MENINGOCOCCAL MENINGITIS<sup>5</sup>

A bacterial infection that causes headache, fever, stiffness of the neck, nausea, vomiting, and rash; may lead to multi-organ failure or death<sup>5</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). Meningococcal Disease. CDC Yellow Book 2024.<sup>5</sup>

### INFLUENZA<sup>6</sup>

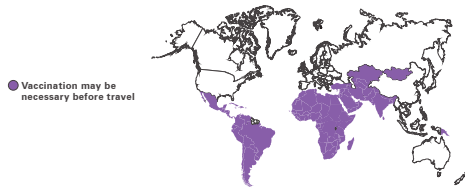
A viral infection that causes fever, muscle aches, headache, nonproductive cough, and sore throat; complications include pneumonia or exacerbation of underlying medical conditions. The risk of severe illness and death increases for those aged ≥65 years<sup>6</sup>



<sup>6</sup> Infection with influenza virus may occur throughout the year in tropical and subtropical areas.<sup>6</sup>  
Map adapted from: Centers for Disease Control and Prevention (CDC). Influenza. CDC Yellow Book 2024.<sup>6</sup>

### HEPATITIS A<sup>1,7-9</sup>

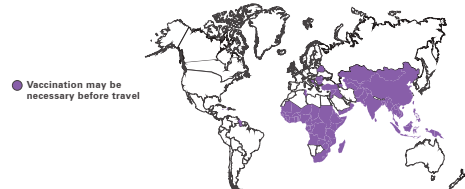
A viral disease that can cause fever, loss of appetite, nausea, abdominal discomfort, and—rarely—liver failure<sup>7</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). Morbidity and Mortality Weekly Report (MMWR)<sup>7</sup> and Jeffries M, et al. *World J Clin Cases*. 2018;6(13):589-599.<sup>9</sup>

### HEPATITIS B<sup>1,10</sup>

A viral infection that causes tiredness, loss of appetite, nausea, vomiting, abdominal pain, and yellowing of the skin and whites of the eyes; in some cases, joint pain may occur. Hepatitis B can also cause of chronic hepatitis, liver failure, and liver cancer. For some, these complications can cause premature death<sup>10</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). Hepatitis B. CDC Yellow Book 2024.<sup>10</sup>

### TYPHOID FEVER<sup>1,11,12</sup>

A severe and possibly deadly bacterial infection that causes tiredness, fever, loss of appetite, headache, abdominal pain, and skin rash; may lead to intestinal bleeding that can be life-threatening<sup>11</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). Typhoid & Paratyphoid Fever. CDC Yellow Book 2024<sup>11</sup> and GB 2017 Typhoid and Paratyphoid Collaborators. *Lancet Infect Dis*. 2019;19(4):369-381.<sup>12</sup>

### TETANUS, DIPHTHERIA, AND PERTUSSIS<sup>1,13-15</sup>

Bacterial infections that cause various symptoms:

**Tetanus:** muscle spasms and death.<sup>13</sup>

**Diphtheria:** fever, difficulty swallowing, loss of appetite, and death<sup>14</sup>

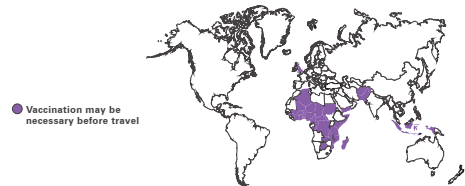
**Pertussis:** coughing and cough-induced vomiting. Disease is more severe in infants. Some may stop breathing, and overall, 1% die<sup>15</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). CDC Yellow Book 2024.<sup>13-15</sup>

### POLIO<sup>1,16,17</sup>

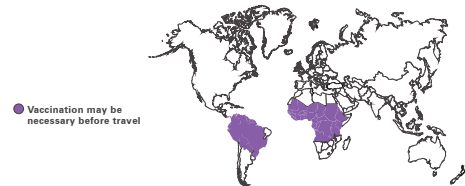
A viral infection that can cause paralysis, respiratory failure, and—rarely—death<sup>16</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). Travelers' Health- Global Polio.<sup>17</sup>

### YELLOW FEVER<sup>1,18</sup>

A serious and possibly deadly viral disease (transmitted by mosquitoes) that causes fever, chills, headache, back and muscle aches, nausea, vomiting, and bleeding<sup>18</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). Yellow Fever. CDC Yellow Book 2024.<sup>18</sup>

### MALARIA<sup>19,20</sup>

A parasitic infection transmitted by mosquitoes that causes fever, chills and headache; may cause seizures, kidney failure, acute respiratory distress syndrome, coma, or death<sup>19</sup>



<sup>19</sup> Malaria cannot be prevented by vaccination.<sup>20</sup> Ask your travel health provider if you need prescription medicine to help prevent malaria.<sup>19</sup>  
Map adapted from: Centers for Disease Control and Prevention (CDC). Malaria. CDC Yellow Book 2024.<sup>19</sup>

### JAPANESE ENCEPHALITIS<sup>1,21</sup>

A severe and possibly deadly bacterial infection that causes tiredness, fever, loss of appetite, headache, abdominal pain, and skin rash; may lead to intestinal bleeding that can be life-threatening<sup>21</sup>



Map adapted from: Centers for Disease Control and Prevention (CDC). Japanese Encephalitis. CDC Yellow Book 2024.<sup>21</sup>

Work with your travel health specialist to decide which preventive measures are necessary before traveling. For more information, be sure to visit:  
<http://www.cdc.gov/travel>





**50+ AND FABULOUS?  
STAY THAT WAY.  
KEEP SHINGLES AT BAY.  
GET VACCINATED TODAY.**



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## What is Shingles?<sup>1</sup>

Shingles is caused by varicella-zoster virus (VZV), the same virus that causes chickenpox.

- Once you've recovered from chickenpox, the virus remains inactive in the body, but it can reactivate years later, causing shingles.<sup>1</sup>
- About **1 in 3 people** in the U.S. will have shingles in their lifetime.<sup>1</sup>
- **As you age, the risk and complications rise, with 10-18% facing lasting nerve pain.**<sup>1</sup>

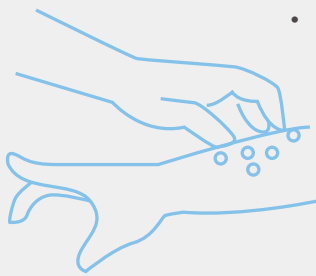
## Understanding the risk of spreading varicella-zoster virus

- People with shingles can transmit the varicella-zoster virus to those who have never had chickenpox or never received the chickenpox vaccine.<sup>1</sup>
- VZV can be spread by direct contact with fluid from shingles rash blisters or breathing in virus particles.<sup>1</sup>
- People with chickenpox are more likely to spread VZV than those with shingles.<sup>1</sup>

## Recognizing early signs and common symptoms<sup>1</sup>

- Early signs of shingles include pain, itching or tingling before the rash appears, often accompanied by fever.
- The rash typically appears as a stripe on one side of the body or face, with rare cases resembling a widespread chickenpox rash, usually in those with weakened immune systems.
- Additional symptoms may include headache, chills, and upset stomach.

## Breaking the chain: strategies to prevent Shingles spread<sup>1</sup>

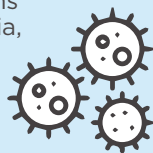


- Cover the rash.
- Don't scratch or touch the rash.
- Wash hands often for at least 20 seconds.
- Avoid contact with people until the rash scabs over, including:
  - Pregnant women who never had chickenpox or the chickenpox vaccine.
  - Premature or low birth weight infants.
  - People who are immunocompromised (have a weakened immune system).

## People at high-risk for having Shingles<sup>1</sup>

This includes people who:

- Have a medical condition that weakens their immune system, such as leukemia, lymphoma, and HIV.
- Take medications suppressing the immune system, such as steroids and drugs given for organ transplant.<sup>1</sup>



## Navigating complications of Shingles

- The most common complication of shingles is long-term nerve pain, known as postherpetic neuralgia (PHN), which persists after the rash resolves.
- PHN occurs where the shingles rash was and can last for months or years.<sup>1</sup>
- PHN is extremely painful and can interfere with daily life.<sup>1</sup>
- About 10-18% of shingles patients experience PHN, and the risk increases with age.<sup>1</sup>

## Other complications of Shingles

- Shingles has many serious outcomes including **serious eye complications, bacterial infection of the rash**, pneumonia, hearing problems, brain inflammation, and rarely death.
- Those with **weakened immune systems face higher risks of complications**, including a more severe and prolonged rash.

## Finding Relief & Recovery:<sup>1</sup>

- Shingles vaccination is the only way to protect against shingles and PHN.
- Treat with antiviral as soon as possible after the rash appears.

## Shingles Vaccination: a must-know for eligible individuals

- CDC recommends adults 50 years and older get two doses of the shingles vaccine, Shingrix, 2 to 6 months apart, to prevent shingles and disease complications.<sup>1</sup>
- Also advised for **adults 19 and older with weakened immune systems.**
- **Over 90% effective in healthy adults 50 and older.**



Don't let  
**Shingles**  
disrupt  
**your life!**  
Act now.

Talk to your healthcare professional



INDEPENDENT  
PHARMACY  
COOPERATIVE



PHARMACY SERVICES



*Visit the IPC*

**Vaccine Resource Center**

