

Influenza vaccination

for healthy adults

Numbers are for healthy adults aged between 16 and 65 years, who received either an influenza vaccination, or a placebo vaccination or nothing. These adults were observed for up to one year after the vaccination was administered.

	100 adults who had a placebo vaccination	100 adults who had an influenza vaccination
Benefits		
How many had a confirmed influenza infection during a season with...		
... high spread of the flu virus?	10	4
... low spread of the flu virus?	2	1
Harms**		
Within three weeks after the vaccination, how many suffered from ...		
... muscle pain?	7	13
... fever?	1	2
... headache?	about 15 in each group	

**Temporary redness, hardening or pain sensitivities at the injection site are possible due to the influenza vaccination.

Short summary: In case of contact with the influenza virus, the vaccination can protect against an infection or a severe course of the flu. The protection provided by the vaccine varies according to the type of virus and its spread. Vaccine-related redness, swelling or pain at the injection site, fever, muscle pain and headaches are possible.

Source: Demicheli et al. Cochrane Database Syst Rev 2018;2:CD001269.

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<https://www.hardingcenter.de/en/fact-boxes>