

# Flu vaccination

for healthy young adults

The numbers are for healthy adolescents and adults between 16 and 65 years of age who either received or did not receive the flu vaccination. They were observed up to one year after vaccination.

	<b>100 healthy young adults <u>without</u> flu vaccination</b>	<b>100 healthy young adults <u>with</u> flu vaccination</b>
<b>Benefits</b>		
How many suffered from a confirmed flu infection in a season with <u>low spread</u> of the influenza virus?	2	1
How many suffered from a confirmed flu infection in a season with <u>medium spread</u> of the influenza virus?	5	2
How many suffered from a confirmed flu infection in a season with a <u>high spread</u> of the influenza virus?	10	4
<b>Side effects</b>		
How many suffered within three weeks as a result of the vaccination from...		
...muscle pain?	-	6
...fever?	-	1

**Short summary:** In case of contact with the influenza virus, vaccination can protect against flu. The effectiveness of the vaccination varies, depending on the match between the vaccine and the type of virus and the spread of the virus. Vaccine-related redness, swelling, or pain at the injection site are typical. Fever and muscle aches are more common with flu vaccinations.

Sources: Demicheli et al. Cochrane Database Syst Rev 2018;2:CD001269. IQWiG 2019.

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