

Influenza (Flu) Vaccine



Don't Wait, Vaccinate!

This vaccine protects against influenza (flu) and its complications. Getting the seasonal flu shot is the best protection against getting the flu.

Diseases	Influenza is spread by:	Symptoms:	Possible complications:
	Contact with secretions from the nose or throat of an infected person.	Fever Cough Fatigue Headache Muscle pains General discomfort	Ear infections Sinus infections Bronchitis Pneumonia Death

Because the flu virus changes often, it is necessary to get immunized every year. This is to protect against the new virus types that may be circulating each year.

Everyone should receive one dose of the seasonal flu vaccine except for children less than 9 years of age, who have never had the flu shot before. These children require two doses of flu vaccine at least one month apart.

The risk of complications from influenza is higher for children under 2 years, persons 60 years or older, and anyone with chronic illnesses such as heart, lung, or kidney disease, diabetes, cancer, immunosuppression, or asthma.

The influenza vaccine is safe. It cannot give you the flu. In most cases, it does not cause undesirable reactions. Always let your health care provider know about any allergies or a previous reaction to a vaccine. Individuals with egg allergy may receive the vaccine safely. The influenza vaccine should not be given if the person:

- Had a serious allergic reaction to a previous dose of influenza vaccine
- Is a baby younger than six months of age
- Is ill with a fever (should delay receiving the flu shot until they feel better – people with a mild cold can still get the vaccine)
- Has had Guillain-Barré Syndrome (GBS) or an active neurological disorder (should speak with the health care provider before getting vaccinated)
- Has had oculorespiratory syndrome (ORS) – they can be safely re-immunized with the flu shot but should discuss this with their health care provider first

Vaccine	Possible side effects:	What to do:
	Swelling, redness or tenderness at the injection site.	Apply a cold, damp cloth to the area.
	May experience a mild fever, discomfort or muscle pains. Some people also experience bloodshot eyes, sore throat, cough, difficulty breathing or facial swelling.	See a health care provider if you are concerned about symptoms.
Severe allergic reactions are very rare. Most severe reactions occur shortly after receiving the vaccine.	It is important to wait 15 minutes after the injection for observation before leaving the clinic. Seek immediate medical attention if experiencing a severe reaction.	

For more information go to:

www.immunize.ca

www.healthcanada.gc.ca/vaccinate

www.health.gov.on.ca/en/pro/programs/immunization

<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/family-health/immunization.html>