READ. LEARN. UNDERSTAND. LOWER YOUR FLU RISK.

INFLUENZA IS A SERIOUS DISEASE.

It is estimated that in a given year influenza causes 12,200 hospital stays and 3,500 deaths in Canada.

YOU NEED TO BE IMMUNIZED EVERY YEAR.

Healthy adults can shed the influenza virus and transmit influenza before they develop symptoms. The seasonal influenza vaccine reduces the spread of influenza to groups for whom the vaccine is not recommended or who have poor immune response to the vaccine.

Canada's National Advisory Committee on Immunization (NACI) recommends seasonal influenza immunization for all Canadians 6 months of age and older, and people at high risk, including:

- All children 6 to 59 months of age
- Adults and children with the following chronic health conditions:
  - cardiac or pulmonary disorders (including lung disease, cystic fibrosis and asthma)
  - diabetes and other metabolic diseases
  - cancer, immune-compromising conditions (due to underlying disease, therapy or both)
  - kidney disease
  - anemia
  - neurologic or neurodevelopment conditions
  - morbid obesity
  - children and adolescents (age 6 months to 18 years) undergoing treatment for long periods with acetylsalicylic acid
- People of any age who are residents of nursing homes and other chronic care facilities
- People 65 years of age and older
- All pregnant women
- Indigenous peoples

People capable of transmitting influenza to those at high risk, such as people providing essential community services, should also receive the seasonal influenza vaccine.

People who have had a serious allergic reaction to the seasonal influenza vaccine or to any of the components, with the exception of egg, **should NOT receive** the vaccine.

SEASONAL INFLUENZA VACCINES AVAILABLE IN CANADA

Canada's National Advisory Committee on Immunization (NACI) recommends the following influenza vaccines for the 2018-2019 influenza season:

Vaccine type	Vaccine description	Recommended for
Trivalent (3-strain)	Contains the three most common influenza strains predicted to be circulating	Anyone 6 months & older
Quadrivalent (4-strain)	Contains the three most common influenza strains predicted to be circulating, plus an additional strain	Anyone 6 months & older
Adjuvanted Trivalent (3-strain) (immune-boosting)	Contains the three most common influenza strains predicted to be circulating, and designed to deliver a stronger immune response	Children 6 to 23 months
Live Attenuated (weakened) (4-strain)	Intranasal vaccine that contains the three most common influenza strains predicted to be circulating, plus an additional strain	Anyone 2 to 59 years
High-Dose (immune-boosting) (3-strain)	Contains the three most common influenza strains predicted to be circulating, and designed to deliver a stronger immune response	Adults 65 years and older
Adjuvanted Trivalent (immune-boosting) (3-strain)	Contains the three most common influenza strains predicted to be circulating, and designed to deliver a stronger immune response	Adults 65 years and older

Source: Adapted from Centers for Disease Control (CDC), "Make a Strong Flu Vaccine Recommendation". 2017. Available at: https://www.cdc.gov/flu/professionals/vaccination/flu-vaccine-recommendation.htm
For more information on influenza vaccines available in your province or territory, visit https://immunize.ca/diseases-vaccines

WHO CAN RECEIVE A FREE INFLUENZA VACCINE, AND WHERE

Province or Territory	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	NT	YK	NU
Universal vaccination	X	✓	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓
Specified Groups													
Healthy children 6 to 59 months of age	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓
Pregnant women	✓	✓	✓	✓	✓	✓[1]	✓	✓	✓	✓	✓	✓	✓
Persons 18 years and older	X	✓	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓
Persons 65 years and older	✓	✓	✓	✓	✓	X[2]	✓	✓	✓	✓	✓	✓	✓
Adults and children with chronic conditions	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health care workers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Source: Adapted from Public Health Agency of Canada "Public Funding for Influenza Vaccination by Province/Territory". 2017. Available at: https://www.canada.ca/en/public-health/services/provincial-territorial-immunization-information/public-funding-influenza-vaccination-province-territory.html

[1] Pregnant women with chronic diseases and pregnant women in good health in their 2nd and 3rd trimester.

[2] Only for adults 75 years of age and older.

WHEN TO RECEIVE THE VACCINE

The recommended time to receive the seasonal influenza vaccine is between October to December, but influenza immunization may be beneficial when given any time from October to March, even after the start of influenza season.

THE SEASONAL INFLUENZA VACCINE MAY BE GIVEN WITH OTHER VACCINES.

The seasonal influenza vaccine may be given together with or at any time before or after the administration of any other live attenuated or inactivated vaccine. However, conditions may vary depending on the person receiving the vaccines. Talk with your doctor, nurse, pharmacist or local public health office about receiving more than one vaccine at the same time.

THE SEASONAL INFLUENZA VACCINE LOWERS YOUR RISK OF ILLNESS AND HOSPITALIZATION.

The seasonal influenza vaccine has been administered routinely in Canada since 1946. It protects against four strains of influenza viruses that experts anticipate will circulate during the influenza season. Multiple studies have shown the seasonal influenza vaccine to be effective at lowering the risk of influenza illness and hospitalization depending on the age and health status of the person receiving the vaccine, and the match with circulating influenza strains.

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