

Injectable Seasonal Flu Vaccine

« **VACCINATION** is good protection »



This vaccine protects against the flu and its complications. It does not protect against colds and respiratory infections caused by other viruses.

Disease

Flu causes:

- Fever
- Cough
- Fatigue
- Headache
- Muscle pain
- General feeling of illness

Complications

Possible complications:

- Ear infection
- Sinusitis
- Bronchitis
- Pneumonia
- Death

Vaccination is the best protection against the flu and its complications. The vaccine may be given starting at 6 months old. It is recommended for people at higher risk of complications and individuals who may pass the disease on to them. It is also recommended for those who want to reduce their risk of catching the flu. The vaccine must be administered each year, in the fall. Children under 9 years of age who have not previously been vaccinated against seasonal flu receive 2 doses of the vaccine, 1 month apart (whether or not they received 2009 pandemic influenza H1N1 vaccine).

It is up to you to make an appointment at the CLSC of your health and social services centre or with your doctor.

Next vaccination appointment: _____

**Santé
et Services sociaux**

Québec



Information on the injectable Seasonal Flu Vaccine



The risk of complications from seasonal flu is higher for children under 2 years, people aged 60 and over, healthy pregnant women in their 2nd or 3rd trimester and anyone suffering from certain chronic illnesses or conditions like heart, lung or kidney disease, or diabetes, severe obesity, cancer or asthma, and individuals with a suppressed immune system.

The flu vaccine is safe. Most reactions are harmless and do not last long. Symptoms experienced after vaccination are not necessarily caused by the vaccine. It cannot give you the flu.

Possible reactions to the vaccine:

- Pain (50% or more), with or without redness or swelling (10-49%) ecchymosis (blue/black staining of the skin) or itching (1-9%) at the injection site
- Muscle pain, headache or fatigue (10-49%)
- Fever, chills, joint pain or malaise (1-9%), particularly in individuals vaccinated against the flu for the 1st time
- Bloodshot eyes, sore throat, cough, difficulty breathing (1-9%) or facial swelling (1 to 9 per 1,000)
This is called Oculo-Respiratory Syndrome (ORS)
- Rash or hives, nausea or dizziness (1 to 9 per 1,000)
- Convulsion, numbness, neuralgia and temporary reduction in blood cells that help clotting (1 to 9 in 10,000)

What to do:

- Apply a cold, damp compress to the injection site
- Take acetaminophen or ibuprofen for temperature of 38.5°C or higher
- See a doctor if symptoms are severe

There may be a very slight risk of developing Guillain-Barré Syndrome (GBS) after receiving the flu vaccine. The risk is estimated at 1 additional case per million people vaccinated, compared with the expected GBS rate per million among the adult population, i.e. 10 to 20 cases per million. The syndrome causes progressive and reversible paralysis, which can sometimes leave permanent effects. The cause of GBS is unknown. Most cases occur following an intestinal or respiratory infection, especially in young adults and seniors.

As with any drug or biological product, an allergic reaction may occur. If a severe allergic reaction occurs, it begins within minutes and the person administering the vaccine will be able to treat it. That is why you are advised to remain at the clinic for at least 15 minutes after the vaccine is administered.

If you have any questions, ask the person administering the vaccine or contact Info-Santé 8-1-1 or your doctor.