**What is Influenza?**

Influenza (commonly known as “the flu”) is a serious, acute respiratory illness that is caused by a virus. People who get influenza may have a fever, chills, cough, runny eyes, stuffy nose, sore throat, headache, muscle aches, extreme weakness and fatigue. Note: the elderly may not have a fever. Children can also have earaches, nausea, vomiting and diarrhea.

People of any age can get influenza. Illness due to influenza usually lasts two to seven days; sometimes longer in the elderly and in people with chronic diseases. Most people who get influenza are ill for only a few days. However, the cough and fatigue can persist for several weeks, making the return to full activity difficult. Some people can become very ill, possibly developing complications and requiring hospitalization.

Influenza spreads by respiratory droplets from infected persons, through coughing or sneezing. It is also spread through direct contact with surfaces contaminated by the influenza virus, such as toys, eating utensils and unwashed hands.

**How well does the influenza vaccine protect against influenza?**

When there is a good match between the influenza strains in the vaccine and the influenza strains circulating in the community, the vaccine can prevent influenza illness in about 70% to 90% of healthy children and adults. Studies have shown that influenza immunization decreases the incidence of pneumonia, hospital admission and death in the elderly.

Physician visits, hospitalization and death in high-risk persons less than 65 years of age are also reduced (NACI Statement on Seasonal Trivalent Inactivated Influenza Vaccine for 2013/2014).

It takes about two weeks after the immunization to develop protection against influenza; protection may last up to one year. People who receive the vaccine can still get influenza, but if they do, it is usually milder. However, the vaccine will not protect against colds and other respiratory illnesses that may be mistaken for influenza, but are not caused by the influenza virus.

I got a flu shot last year, do I still need to get one this year?

The viruses that cause the flu change frequently. You should get the flu shot each year to be protected. If you received the flu shot last year you should still get this year’s flu shot to protect you from new strains.

**Can the vaccine cause influenza?**

No. The influenza vaccine does not contain the live virus so you cannot get influenza from the vaccine.

**When should the influenza vaccine be given?**

Influenza vaccine should be offered as soon as it becomes available.

**How many doses of the influenza vaccine are needed?**

Because the influenza virus changes often, it is necessary to get an influenza immunization every year for protection from the new virus strains that may be circulating that year.

**Adults:** All individuals older than 9 years of age require one (1) dose of influenza vaccine annually.

**Children 9 years and older:** Children 9 years of age and older require one (1) dose.

**Children less than 9 years of age:**

- **Previously Unimmunized Children**
  - 6 months to 8 year olds, previously unimmunized, require two (2) doses at least 4 weeks apart.

- **Previously Immunized Children**
  - 6 months to 8 year olds, previously immunized with influenza vaccine require one (1) dose.

**Can the influenza vaccine be given at the same time as other vaccines?**

Influenza vaccine may be given at the same time as other vaccines. If given at the same time, it is recommended that two different injection sites be used. Different administration sets (needle and syringe) must be used.

**How can I keep track of my influenza immunizations and other immunizations?**

After you receive your immunization, you should ask for a written record of your immunization from the doctor or nurse who administered your shot. Keep it in a safe place!

**Who should not get the influenza vaccine?**

The following persons should not get the influenza vaccine:

- Infants under six months of age (the current vaccine is not recommended for this age group).

- Anyone with a serious allergy (anaphylaxis) to eggs or egg products. A serious allergic reaction usually means that the person develops hives, swelling of the mouth and throat or has trouble breathing, a sudden drop in blood pressure, or shock after eating eggs or egg products.

- Anyone who has a severe allergy to any component of the vaccine. Your health care provider can tell you which components are in the specific vaccine. Some vaccines contain small quantities of antibiotics or preservatives.

- Anyone who had a serious allergic reaction to a previous dose of the influenza vaccine.

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• It is not known whether the influenza vaccine causes an increased risk of recurrent Guillain-Barré Syndrome (GBS) in persons who previously had GBS. Anyone who has previously developed GBS within the first 8 weeks following an influenza immunization should avoid influenza immunization in the future.

The influenza vaccine should be temporarily delayed in the following persons:

• Anyone with a moderate to severe acute illness with fever or just started on medication (e.g. antibiotics) should usually wait until the symptoms subside before being immunized.

• However, people with a minor illness with or without a fever (e.g. a cold) could still get the influenza vaccine.

• Immunization should generally be delayed in individuals with an evolving neurologic disorder, until the disease process has been stabilized.

What are the risks from the influenza vaccine?

The influenza vaccine, like any medicine, is capable of causing side effects, which can be either mild or, occasionally, severe. The risk of the vaccine causing serious harm is extremely small.

Most people who get the vaccine have either no side effects or mild side effects such as soreness, redness or swelling at the injection site. Life-threatening allergic reactions are very rare. If they do occur, it is within a few minutes to a few hours after receiving the vaccine. If this type of reaction occurs medical attention should be sought immediately.

Guillain-Barré Syndrome (GBS)

GBS is a very uncommon disease that causes muscle paralysis and has been associated with certain infectious diseases (e.g. Campylobacter bacteria). Overall, the risk of GBS occurring in association with immunization is small. In comparison to the small risk of GBS, the risk of illness and death associated with influenza is much greater. According to the National Advisory Committee on Immunization (NACI), 2010; the risk of GBS following influenza vaccination is about one case per 1 million vaccines.

Oculo-Respiratory Syndrome (ORS)

During the 2000-2001 influenza season, “Oculo-Respiratory Syndrome” (ORS) was reported after the influenza vaccine. Symptoms include red eyes (both) that are not itchy and/or respiratory symptoms (cough, wheeze, chest tightness, difficulty breathing, difficulty swallowing, hoarseness or sore throat) and/or swelling of the face, occurring within 24 hours of influenza immunization. Since 2000-2001, fewer cases of ORS have been reported.

Persons who experienced ORS symptoms in the past may be safely re-immunized with influenza vaccine except for those who have experienced ORS with severe lower respiratory symptoms (wheeze, chest tightness, difficulty breathing) within 24 hours of influenza immunization. These individuals should seek expert medical advice before being immunized again with influenza vaccine.

When should I seek medical attention after immunization with the influenza vaccine?

You should seek medical attention if you believe that you or someone in your care has had a reaction to a vaccine. Any reaction to a vaccine should be reported to your health care provider who will report these occurrences to your local public health unit.

For additional information on influenza, please visit the following websites or call your local public health unit:

a) Public Health Agency of Canada site:
   http://www.phac-aspc.gc.ca

b) Canadian Coalition for Influenza Immunization Awareness and Promotion:
   www.immunize.cpha.ca

c) Centers for Disease Control (CDC) Influenza: Prevention and Control
   www.cdc.gov/flu