

READ. LEARN. 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 transmit the influenza virus to others before they show symptoms. The seasonal influenza vaccine reduces the spread of influenza to people for whom the vaccine is not recommended or who do not develop an 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 pregnant persons (the risk of influenza-related hospitalization increases with length of gestation, i.e., it is higher in the third trimester than in the second)
- Adults and children with the following chronic health conditions:
 - cardiac or pulmonary disorders (includes bronchopulmonary dysplasia, cystic fibrosis, and asthma)
 - diabetes mellitus and other metabolic diseases
 - cancer, immune-compromising conditions (due to underlying disease, therapy, or both)
 - renal disease
 - anemia or hemoglobinopathy
- neurologic or neurodevelopment conditions (includes neuromuscular, neurovascular, neurodegenerative, neurodevelopmental conditions, and seizure disorders [and, for children, includes febrile seizures and isolated developmental delay], but excludes migraines and psychiatric conditions without neurological conditions)
- morbid obesity (body mass index [BMI] of 40 and over); and
- children 6 months to 18 years of age undergoing treatment for long periods with acetylsalicylic acid, because of the potential increase of Reye's syndrome associated with influenza
- People of any age who are residents of nursing homes and other chronic care facilities
- Adults 65 years of age and older
- All children 6 to 59 months of age; and
- 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.

WHO SHOULD NOT RECEIVE THE 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. People who have developed Guillain-Barré Syndrome (GBS) within 6 weeks of a previous influenza vaccination **should NOT receive** the vaccine. Additionally, people with immune-compromising conditions (due to disease, therapy or both), people with severe asthma, children less than 24 months of age, children currently receiving aspirin or aspirin-containing therapy and pregnant persons **should NOT receive** the Live Attenuated Influenza Vaccine (LAIV).

SEASONAL INFLUENZA VACCINES AVAILABLE IN CANADA

Canada's National Advisory Committee on Immunization (NACI) recommends the following influenza vaccines for the 2021-2022 influenza season:

Vaccine type	Vaccine description	Recommended for
Quadrivalent (4-strain)	Contains the three most common influenza strains predicted to be circulating, plus an additional strain	Anyone 6 months & older
Quadrivalent (non-egg-based) (4-strain)	Contains the three most common influenza strains predicted to be circulating, plus an additional strain	Anyone 9 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	Children 6 to 23 months
High-Dose (immune-boosting) (4-strain)	Contains the three most common influenza strains predicted to be circulating, plus an additional strain, 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
Live Attenuated (intranasal spray) (4-strain)	Contains the three most common influenza strains predicted to be circulating, plus an additional strain	Children 2 to 17 years Adults 18 to 59 years

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	✓	✓	✓	✓	✓	✓	✓
Specified Groups													
Healthy children 6 to 59 months of age	✓	✓	✓	✓	✓	X ¹	✓	✓	✓	✓	✓	✓	✓
Pregnant persons	✓	✓	✓	✓	✓	✓ ²	✓	✓	✓	✓	✓	✓	✓
Persons 18 years and older	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓
Persons 65 years and older	✓	✓	✓	✓	✓	X ¹	✓	✓	✓	✓	✓	✓	✓
Adults and children with chronic conditions	✓	✓	✓	✓	✓	✓ ³	✓ ⁴	✓	✓	✓	✓	✓	✓
Health care workers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

¹The influenza vaccine is no longer recommended for healthy adults age 60 to 74 or healthy children age 6 to 23 months. However, if you would like to get the vaccine, you can do so free of charge.

²Pregnant persons with chronic diseases and pregnant persons in good health in their 2nd and 3rd trimester.

³Only for persons who have conditions that cause a decrease in the evacuation of respiratory secretions or the risk of aspiration.

⁴These include seizure disorders, febrile seizures and isolated developmental delays in children and neuromuscular, neurovascular, neurodegenerative, neurodevelopmental conditions and seizure disorders in adults, but exclude migraines and neuropsychiatric conditions without neurological conditions.

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 other vaccines, including COVID-19 vaccines. 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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