

POCKET GUIDE

THE FLU | INFLUENZA

Dosage Schedule			
Age	Vaccine Type	Dose (mL)	No. of Doses
6–35 months	Split-virus	0.25	1 or 2*
3–8 years	Split-virus	0.50	1 or 2*
≥ 9 years	Split-virus	0.50	1
≥ 18 years	Subunit or Split-virus	0.50	1

* Previously unvaccinated children < 9 years of age require two doses of the split-virus influenza vaccine, with an interval of 4 weeks. Eligible children < 9 years of age who have properly received one or more doses of the influenza vaccine in the past are recommended to receive one dose per season thereafter. It is not necessary to use the same influenza vaccine product in the two-dose series.

Counseling Points

- The flu shot cannot cause influenza because it does not contain the live virus
- 4,000–8,000 Canadians die from flu-related complications each year
- The flu typically lasts for 7 to 10 days, but the cough and weakness may continue for up to 6 weeks
- A new shot is required each year because the virus changes over time
- October to mid-November is the best time to get the flu shot and immunity can last for up to 12 months
- Soreness or redness at the injection site lasting 1–2 days is common (prophylactic acetaminophen may minimize pain)
- Respiratory etiquette to prevent the spread of influenza:
 - Cover your mouth and nose with tissues or clothing when you sneeze or cough instead of your bare hands
 - Put used tissues into the trash immediately
 - Wash your hands often with soap and water or alcohol-based hand sanitizer
 - Stay home when ill

Quick Links for More Information:

- The Canadian Coalition for Immunization Awareness & Promotion
www.immunize.cpha.ca
- National Advisory Committee on Immunization (NACI)
www.phac-aspc.gc.ca/naci-ccni/
- Canadian Pharmacists Association
www.pharmacists.ca/flu
- Canadian Association of Chain Drug Stores
www.cacds.com

Make a healthy choice...
Protect yourself and those around you. Get the flu shot!

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WHO SHOULD RECEIVE THE VACCINE?

High-risk individuals

- Adults aged 65 years or older
- Children aged 6 to 23 months
- Residents of nursing homes and other chronic care facilities
- All pregnant women
- Adults and children with chronic conditions such as:
 - Cardiac or respiratory disorders including asthma
 - Diabetes mellitus or other metabolic diseases
 - Conditions of the blood or kidneys
 - Cancer
 - Immunodeficiency (including HIV/AIDS)
 - Immunosuppression (due to disease and/or therapy)
 - Children & teenagers receiving long-term ASA therapy
 - Conditions that compromise management of respiratory secretions, associated with increased risk of aspiration

People capable of transmitting influenza to high-risk individuals

- Health care and other care providers
- Household contacts or those providing care to children <24 months
- Those providing services in closed settings (e.g. crew on ships)

Others

- Essential service workers (e.g. police officers, firefighters)
- People in direct contact with avian-influenza infected poultry
- Healthy persons aged 2 to 64 years

WHO SHOULD NOT RECEIVE THE VACCINE?

- People who have had a serious reaction (e.g. anaphylaxis) to:
 - Eggs or egg products
 - Previous dose of the vaccine
 - A component of the vaccine (e.g. thimerosal, neomycin, formaldehyde)
- Children under 6 months of age
- People with moderate /severe acute febrile illness

