

FLU (INFLUENZA)

WHO SHOULD RECEIVE THE VACCINE?¹

People at high risk of influenza-related complications or hospitalization

- Adults (including pregnant women) and children with the following chronic health conditions:
 - cardiac or pulmonary disorders (including bronchopulmonary dysplasia, cystic fibrosis and asthma)
 - diabetes mellitus and other metabolic diseases
 - cancer, immune-compromising conditions (due to underlying disease and/or therapy)
 - renal disease
 - anemia or hemoglobinopathy
 - conditions that compromise the management of respiratory secretions and are associated with an increased risk of aspiration
 - morbid obesity (BMI \geq 40); and
 - children and adolescents with conditions treated for long periods with acetylsalicylic acid
- People of any age who are residents of nursing homes and other chronic care facilities
- People \geq 65 years of age
- All children 6 to 59 months of age
- Healthy pregnant women
- Aboriginal people

People capable of transmitting influenza to those at high risk

- Health care and other care providers in facilities and community settings who, through their activities, are capable of transmitting influenza to those at high risk of influenza complications
- Household contacts (adults and children) of individuals at high risk of influenza-related complications (whether or not the individual at high risk has been immunized):
 - household contacts of individuals at high risk, as listed in the section above
 - household contacts of infants <6 months of age, as these infants are at high risk of complications from influenza but cannot receive influenza vaccine; and
 - members of a household expecting a newborn during the influenza season
- Those providing regular child care to children \leq 59 months of age, whether in or out of the home
- Those who provide services within closed or relatively closed settings to persons at high risk (e.g. crew on a ship)

Others

- People who provide essential community services
- People in direct contact during culling operations with poultry infected with avian influenza

* Note: All healthy persons over 5 years old are also encouraged to receive the flu vaccine.

WHO SHOULD NOT RECEIVE THE VACCINE?¹

- Egg allergy is no longer considered a contraindication for trivalent influenza vaccine. Persons who developed an anaphylactic response to a previous dose of influenza vaccine or to any of the vaccine components (with the exception of eggs), or who developed Guillain-Barré within six weeks after a previous influenza immunization should not receive a further dose.

¹ National Advisory Committee on Immunization (NACI). Statement on Seasonal Influenza Vaccine for 2013–2014. Available: <http://www.phac-aspc.gc.ca/naci-ccni/index-eng.php>



FLU (INFLUENZA)

RECOMMENDED DOSAGE¹

Age Group	TIV without adjuvant*	MF59 - adjuvanted TIV (Fluad®)	TIV for intradermal use (Intanza®)	LAIV (FluMist®)**	# of Doses
6–23 months	0.5 mL	–	–		1 or 2***
2–8 years	0.5 mL	–	–	0.2 mL (0.1 mL per nostril)	1 or 2***
9–17 years	0.5 mL	–	–	0.2 mL (0.1 mL per nostril)	1
18–59 years	0.5 mL	–	0.1 mL (9 µg/strain)****	0.2 mL (0.1 mL per nostril)	1
60–64 years	0.5 mL	–	0.1 mL (15 µg/strain)	–	1
≥65 years	0.5 mL	0.5 mL	0.1 mL (15 µg/strain)	–	1

TIV = Trivalent inactivated vaccine LAIV = Live attenuated influenza vaccine IM = Intramuscular ID = Intradermal

* Influvac® ≥ 18 years, Fluviral® ≥ 6 months, Agriflu® ≥ 6 months, Vaxigrip® ≥ 6 months, and FluZone® ≥ 6 months.

** Unless contraindicated, NACI recommends the use of LAIV as the preferred product for healthy children and adolescents 2-17 years of age. If LAIV is not available, TIV should be used, as it is safe, efficacious and effective in this group.

*** Children 6 months to less than 9 years of age who have never received the seasonal influenza vaccine require two doses of influenza vaccine, with a minimum interval of four weeks between doses. Eligible children < 9 years of age who have received one or more doses of seasonal influenza vaccine in the past should receive one dose per season thereafter.

**** For adults with immune-compromising conditions, the 15 µg formulation should be considered to improve response.

COUNSELLING POINTS¹

- Soreness or redness at the injection site lasting 1–2 days is common but rarely interferes with daily living
- Prophylactic acetaminophen may minimize pain at injection site
- While severe reactions are uncommon (e.g., allergic reaction), if they occur, contact your health care provider
- The flu shot cannot cause the flu since the vaccine does not contain live virus
- The flu typically lasts for 7–10 days, but the cough and weakness may continue for up to 6 weeks
- The flu shot provides protection up to 12 months; immunization is required each year
- This year's flu shot protects against the H1N1 flu virus as well as two other strains of flu
- You still need to get immunized this year as the vaccination does not protect for life
- October to mid-November is the best time for immunization, but the vaccine may still be given in the winter months

¹ National Advisory Committee on Immunization (NACI). Statement on Seasonal Influenza Vaccine for 2013–2014. Available: <http://www.phac-aspc.gc.ca/naci-ccni/index-eng.php>

