

Getting Your Flu Shot at the Pharmacy This Year?

Here's What You Can Expect



Because of COVID-19 more and more Canadians are saying they will be getting their flu shot this year. Just like the health measures pharmacies put in place to safely manage your medication, getting your flu shot may look a little different this year. Here's what you should keep in mind when preparing for your flu shot.

Before you visit...



Always contact your pharmacy in advance

This year there could be a variety of ways to arrange for your immunization — by appointment, by taking advantage of dedicated hours for walk-in traffic, special hours for vulnerable patients, off-site services such as home visits, clinics at community halls, temporary structures next to your pharmacy or even drive-thru. Check with your pharmacy!



Self-screen for COVID-19 symptoms

You will be instructed to self-screen for COVID-19 before coming to the pharmacy. Flu shots cannot be given if you:

- Have tested positive for COVID-19 and have not been cleared
- Demonstrate any COVID-19 symptoms (on the day of your flu immunization)
- Have experienced any COVID-19 symptoms within 2 weeks of getting a flu immunization
- Have travelled out of the country within 2 weeks
- Are living with an individual who currently has COVID-19 or has been out of the country in the last 2 weeks
- Are under self-isolation

Online self-screening tools may be available to you on your pharmacy's website or by an appointment booking system.



Forms and documents

In order to minimize the time spent at the pharmacy, you may be able to complete and submit your immunization documents in a secure manner before your visit — via website, email or some other means. Check to see if this is available at your pharmacy.



Remember: Contact your pharmacy if you need to cancel or change your scheduled appointment/immunization time. Someone can use your slot!

At the pharmacy...

Follow your pharmacy's check-in and waiting area procedures, which may include waiting in a designated area, waiting outside the pharmacy or even waiting in your car. Follow all other directional and physical distancing signage and respect the posted limits of number of individuals allowed in the pharmacy at any one time.



Screening

COVID-19 screening might be done before you enter the premises (e.g., in your car, at the pharmacy entrance or even by phone before you arrive).



Wear a mask or face covering

If you do not have a mask the immunization can't be performed. Check with your pharmacy for permitted exceptions (e.g., children, medical condition, etc.).



Wear loose clothing with short sleeves

Allow easier access to the immunization site.



Arrive on time, not early

Help avoid crowding and maintain physical distancing.



Limit the number of people going with you

Only 1 essential caregiver should attend (e.g., parent or caregiver to an elderly patient).

NOTE: Households can be immunized together



Remember: The flu shot is the most effective protection against the flu. By protecting yourself against the flu virus, you are also protecting those around you.

Stay safe. Be kind. Be patient.



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