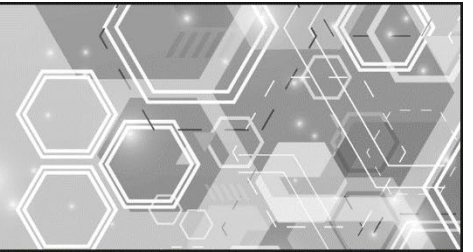




Durham Region Health Department **Facts about...**



2024/2025 Seasonal Influenza (Flu) Vaccines

What is it?

- Seasonal influenza vaccine protects against seasonal influenza (flu), a serious respiratory illness caused by the Influenza A and B viruses. For more information, see [Facts About... Influenza \(Flu\)](#).
- There are three different types of publicly funded (free) flu vaccines available:
 - **High-dose Quadrivalent Inactivated Vaccine (High-dose QIV)** for people 65 years and older. It protects against 4 types of flu (two influenza A and two influenza B strains) and has 4 times the antigen of a regular flu shot which may produce a stronger immune response.
 - **Adjuvanted Trivalent Inactivated Vaccine (TIV-adj)** for people 65 years and older. It protects against 3 types of flu (two influenza A and one influenza B strains).
 - **Quadrivalent Inactivated Vaccine (QIV)** for people 6 months and older. It protects against 4 types of flu (two influenza A and two influenza B strains).

How effective is the seasonal flu vaccine?

- You are more likely to be protected from the flu if you get your flu vaccine. People who get the flu vaccine may still get the flu, but they may be less sick and have fewer complications.
- For individuals 65 years of age and older, High-dose QIV and TIV-adj are both effective with no known difference in safety. The best vaccine to get is the one that is available to you.

Who should receive the flu vaccine?

- People 6 months and older should receive the flu vaccine every year.
- The flu vaccine is very important for:
 - Adults and children with chronic health conditions
 - Pregnant individuals
 - Indigenous peoples
 - All children 6 months to 4 years of age and people 65 years and older
 - People who live in long-term care homes and other chronic care facilities

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- Healthcare workers
- People who work at poultry and livestock slaughterhouses or processing plants

Who should not get the vaccine?

- Babies under 6 months of age.
- People with serious acute illness should wait until they feel better before getting the flu vaccine.
- People who have had an anaphylactic (allergic) reaction to a previous dose of flu vaccine.
- People who have developed Guillain-Barré syndrome within 6 weeks of a flu vaccine. These individuals should talk to their doctor about the risks and benefits of receiving the flu vaccine.
- People who have had an allergic reaction to a component in one flu vaccine may be offered another flu vaccine that does not contain that specific component in consultation with an allergy expert.
- Egg allergy is not a contraindication for flu vaccination.

What is the schedule for the vaccine?

- People should receive the flu vaccine as soon as it is available for them each flu season.
- Children 6 months to less than 9 years of age who have never had the flu vaccine require 2 doses given at least 4 weeks apart.
- The flu vaccine may be given at the same time, before, or after, other vaccines or monoclonal antibody products.

Are there side effects with the vaccine?

- The flu vaccine is safe and well tolerated. Side effects are usually mild and last a short time and include redness, pain and swelling where the needle was given.
- Severe allergic reactions after vaccination are very rare and may not be related to the vaccine.
- The risk of the vaccine causing serious harm is extremely small. The risk of serious illness and death related to getting the flu is much higher.
- If you think a serious reaction is developing, seek medical attention right away. Any unusual or significant changes in your health or your child's health after the immunization should be reported to a health care provider and the Health Department at 905-668-2020 or 1-800-841-2729.

For more information on where to get your flu vaccine, visit durham.ca/flu.

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