



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



2025/2026 Seasonal Influenza (Flu) Vaccines

What is it?

- **Seasonal influenza vaccines** protect against seasonal influenza (flu), a serious respiratory illness caused by the Influenza A and B viruses. For more information, see [Facts About ... Influenza \(Flu\)](#)
- This influenza season, all Ontario flu vaccines protect against three types of flu (trivalent).
- Publicly funded (free) flu vaccines available are:
 - **High-dose Trivalent Inactivated Vaccine (High-dose TIV)** for people 65 years and older
 - **Adjuvanted Trivalent Inactivated Vaccine (TIV-adj)** for people 65 years and older
 - **Trivalent Inactivated Vaccine (TIV)** for people 6 months and older

How effective is the seasonal flu vaccine?

- The flu vaccine is the best way to protect yourself from getting the flu. Each year, it is made to protect against the types of flu that are expected to spread the most.
- People who get the flu vaccine may still get the flu, but they may be less sick and have fewer problems.
- All flu vaccines work well and are safe. The best one to get is the one that is available to you.

What is the schedule for the vaccine?

- People 6 months and older should get one dose of 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 need 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.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.



Who should get the flu vaccine?

- People 6 months and older should get the flu vaccine every year.
- The flu vaccine is very important for:
 - Adults and children with long-term health conditions
 - Pregnant people
 - Indigenous peoples
 - All children 6 months to 4 years of age and people 65 years and older
 - People who live and work in long-term care homes and similar settings
 - Healthcare workers or first responders
 - People working closely with birds or mammals

Who should not get the vaccine?

- Babies under 6 months of age.
- People with a serious short-term 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 people should talk to their doctor about the risks and benefits of getting the flu vaccine.
- People who have had an allergic reaction to an ingredient in one flu vaccine may be offered another flu vaccine that does not contain that ingredient. An allergy doctor will help decide.
- People with an egg allergy can still get the flu vaccine safely.

Are there side effects with the vaccine?

- The flu vaccine is safe, and most people do well after getting it. Side effects are usually mild, last a short time and may include redness, pain and swelling where the needle was given, headache, tiredness and fever.
- 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 very small. The risk of serious illness and death related to getting the flu is much higher.
- If you think a serious reaction is happening, seek medical help right away. Any unusual or major changes in your health or your child's health after the vaccine 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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