

PROTECT YOURSELF AGAINST THE FLU!



What does this vaccine protect against?

The **Influenza vaccine** provides increased protection against a respiratory infection caused by the influenza virus. Influenza occurs in Canada annually during the fall and winter months and can cause severe infections leading to pneumonia and hospitalizations. It is much more severe than the common cold.

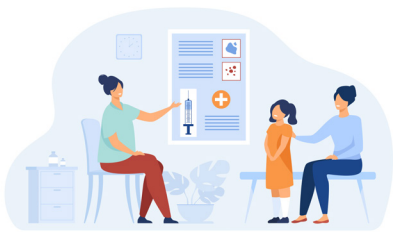
Who should get this vaccine?

Anyone 6 months of age or older (healthy, non-immunocompromised individuals) should get the vaccine annually.



Who should not get this vaccine?

It is recommended that most healthy individuals get this vaccine. However, if you have a severe allergy to one of the vaccine components or have experienced serious or unusual side effects after receiving a similar vaccine in the past, then you may not be eligible.



What are the side effects of this vaccine?

The side effects tend to be mild and temporary and include redness/swelling/soreness at the injection site, crying, fatigue, irritability, fever, poor appetite, etc. Side effect symptoms can be managed by placing a cool, wet cloth on the injection site or by taking medications like ibuprofen or acetaminophen to deal with fever or pain.

If you have any additional questions or want to schedule your vaccination, you can:

- Call Health Link at 811
- Call AIMGA's Multilingual Health Hub for Newcomers Phone Line at 1-587-392-8062
- Contact your family physician or primary care network
- Visit booking.aimga.ca to book a patient navigator