

Flu/Influenza Vaccine

September 28, 2022

**19 TO
ZERO** 

What is the flu?

Influenza, or the “flu”, is a respiratory illness that spreads from person to person. Influenza is not like the common cold, but is very debilitating for almost everyone who gets it, especially infants, children, pregnant women. Influenza is estimated to kill thousands of Canadians every year

Did You Know?

The flu is contagious before symptoms start?

Should I get the flu vaccine?

Yes! It is recommended for everyone 6 months and older to keep you, and others around you protected. The flu shot is your best defence against the flu.

Did You Know?

It takes up to two weeks for the flu vaccine to work?

It is important to get the flu shot every year as the circulating strains of flu change every year. While we have not had much flu for the past two years due to COVID-19 restrictions, it is expected we will have the return of a full flu season this year with the easing of restrictions.

Are there side effects?

Most people have no side effects from the flu shot and severe reactions are very rare. Common side effects include soreness, redness and swelling where the vaccine was given.

Did You Know?

It is recommended to get a flu shot every year?

What can I do to stay safe and healthy?



Get vaccinated! Flu vaccines will be available in Alberta to the general population early fall. COVID-19 vaccines continue to be available.



Cover coughs and sneezes with a tissue or your arm. Always wash your hands after coughing or sneezing.



Stay at home if you are feeling unwell! Avoid close contact with people who are also unwell.



Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.