

THE FLU VACCINE IS YOUR BEST SHOT

Seasonal influenza, or the flu, is a common and highly contagious infectious respiratory disease that affects the nose, throat and lungs. Influenza viruses can mutate and change rapidly. This is why every year, following the OMS recommendation, a new vaccine is produced, to protect against different circulating strains.

The annual flu shot provides the best protection against seasonal influenza. To further protect yourself:

- **Wash your hands often with soap and water.**
- **Avoid touching your eyes, nose and mouth as germs spread this way.**
- **Sneeze into your arm or sleeve.**
- **After wiping or blowing your nose with a tissue, wash your hands.**
- **Stay home and avoid crowds if you feel sick.**

POSSIBLE FLU VACCINATION SIDE EFFECTS	WHAT TO DO
In the hours after vaccination, you may experience tenderness (10% to 64% of cases) with or without redness or swelling around the injection site.	Apply a cold, damp cloth to the injection site.
A few hours after vaccination, you may experience fever, discomfort, and muscle pains. These symptoms are more severe in those receiving the flu vaccine for the first time.	Take a fever medication such as acetaminophen if your temperature is 38.5°C or over. No Aspirin to persons under 18 years old.
In rare cases, 24 hours after vaccination, you may have bloodshot eyes, a sore throat, a cough, difficulty breathing, or facial swelling. This is called the Oculo-Respiratory Syndrome (ORS).	Consult a doctor, depending on the severity of your symptoms.
In very rare cases, anaphylactic reactions can occur, normally in the 30 minutes following vaccination. In the case of a severe allergic reaction, a nurse will be there to assist you. For this reason, we ask that you remain at the site for at least 30 minutes after your vaccination. Severe allergic reactions are rare: Immediate allergic reactions: <ul style="list-style-type: none"> • Hives (redness and itching) • Respiratory difficulties • Swelling of the face Delayed allergic reaction: <ul style="list-style-type: none"> • Hives (redness and itching) • Generalized swelling (on the body) • Vomiting 	Immediately alert the nurse. Go immediately to the emergency or call 911 as soon as possible.

There may be a very low risk (1 per million doses) of developing Guillain-Barré Syndrome after receiving the flu vaccine. This syndrome causes progressive and reversible paralysis, but may sometimes have lasting effects.

Date vaccine was administered: _____

Type of Vaccine: Vaxigrip®/ Agriflu®/ Fluviral®/Fluad®/Fluzone®

IMPORTANT NOTE: It is recommended that you remain in the immediate vicinity of the clinic for 30 minutes after you receive the vaccine.

