



Influenza vaccine

Influenza Virus

The Influenza vaccine is part of the Routine Yukon Immunization Program

What is influenza?

Influenza (flu)disease is an upper airway infection caused by the influenza virus. The virus spreads through coughing, sneezing, or close contact. It can also spread by touching a contaminated object and then not washing your hands before touching your own eyes, mouth, or nose.

Common symptoms of influenza

- Fever
- Fatigue (tiredness)
- Cough and shortness of breath
- Muscle pains
- Runny or stuffy nose
- Headache
- Sore throat

Possible complications from influenza

- Pneumonia
- Death

Why is the flu vaccine recommended?

Seasonal influenza vaccination is the most effective way to protect against influenza and its complications.

- Influenza viruses change each year, requiring updated vaccines
- Immunity from vaccination declines over time
- Vaccination reduces the risk of severe illness, hospitalization, and death
- Vaccination helps reduce strain on healthcare systems during respiratory virus season

Getting vaccinated against RSV disease helps protect others as well as yourself
Getting immunized protects you, and also helps protect your family, community, and those at higher risk.

Possible reactions to the influenza vaccine

Common reactions to the shot may include redness, tenderness and swelling at the injection site. Some may develop a fever, headache, fatigue, or digestive problems. These are generally mild and last 1 to 2 days.

Side effects of the immunization are easy to relieve. Apply a cold, damp compress to the site. If needed, use a pain reliever such as acetaminophen (Tylenol), as directed by your health care provider. Talk to your health care provider if your symptoms are severe or last longer than 48 hours.

After your vaccination

Stay at the clinic for 15 minutes after receiving your vaccine. Although rare, a severe allergic reaction can happen shortly after vaccination. Clinic staff are prepared to treat this reaction immediately.

If you develop signs of a severe allergic reaction after leaving the clinic, call 911 or your local emergency number right away.

For more information, visit
yukonimmunization.ca