

WHAT ARE THE POTENTIAL CONSEQUENCES OF THE FLU IF YOU'RE 65+?

According to the Public Health Agency of Canada, during the 2013–2018 flu seasons, adults 65 years and older experienced:

- Up to 70% of flu-related hospitalizations
- Up to 91% of flu-related deaths

Certain people, such as older adults and those with chronic health conditions, may be at higher risk for serious flu complications.

TALK TO YOUR DOCTOR OR PHARMACIST IF YOU HAVE QUESTIONS ABOUT FLUZONE® HIGH-DOSE QUADRIVALENT

Available as part of public flu programs in Alberta, Manitoba, New Brunswick, Nova Scotia, Ontario, Prince Edward Island, Saskatchewan, and Yukon.



VISIT **FLUZONE.CA**
OR SCAN WITH
YOUR PHONE TO
LEARN MORE

This brochure is a summary. For more information, please ask your doctor, nurse or pharmacist for the package instructions provided with FLUZONE® High-Dose Quadrivalent.

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Do not use this piece after July 31, 2024, as some of the information may be outdated.

* FLUZONE® High-Dose Quadrivalent is not indicated to treat serious flu complications, or prevent hospitalization or death.



THE ONLY QUADRIVALENT FLU VACCINE INDICATED SOLELY FOR THOSE 65 YEARS OR OLDER

Quadrivalent means 4 strains. FLUZONE® High-Dose Quadrivalent is a vaccine used in adults 65 years or older to protect against 4 different types of flu viruses contained in the vaccine: two A strains and two B strains.



RECOMMENDATIONS FROM NACI

The National Advisory Committee on Immunization (NACI) recommends a yearly flu vaccine for people 65 years and older, unless the vaccine is harmful to them. The flu shot is particularly recommended for:

- People at high risk of severe disease, flu-related complications or hospitalization, including:
 - Adults with chronic conditions, such as heart disease, lung disease, diabetes, cancer, kidney disease, blood disorders, neurological disorders or obesity
 - People living in nursing homes or other chronic care facilities
 - Indigenous peoples
- People who can pass on the flu virus to those at high risk
- People who provide essential community services
- People in direct contact with poultry infected with avian flu during culling operations

If you're 65 years or older, NACI recommends that, when available, **high-dose** inactivated flu vaccines should be used over **standard-dose** inactivated flu vaccines.

FLUZONE® High-Dose Quadrivalent is not indicated to prevent complications of flu, hospitalization, heart disease, lung disease, diabetes, cancer, kidney disease, blood disorders, neurological disorders or obesity.

WHAT IS FLUZONE® HIGH-DOSE QUADRIVALENT USED FOR?

FLUZONE® High-Dose Quadrivalent is a vaccine used in adults 65 years or older to protect against 4 different types of flu viruses contained in the vaccine: two A strains and two B strains.

You cannot catch the flu from this vaccine.

The National Advisory Committee on Immunization recommends yearly flu vaccination for all Canadians who are able to have the vaccine.



HOW DOES FLUZONE® HIGH-DOSE QUADRIVALENT WORK?



FLUZONE® High-Dose Quadrivalent contains 4 times the amount of killed, split virus particles for each type compared to standard-dose flu vaccines. The **higher dose** is intended to give people 65 years and older a better immune response and, therefore, better protection against the flu.



Quadrivalent means 4 strains. FLUZONE® High-Dose Quadrivalent causes your body to produce its own protection against 4 types of flu virus (two A strains and two B strains). Your body takes up to 4 weeks after vaccination to produce antibodies. The antibodies are effective for the duration of the flu season.

As with all vaccines, FLUZONE® High-Dose Quadrivalent does not protect 100% of people immunized.



POSSIBLE SIDE EFFECTS FROM FLUZONE® HIGH-DOSE QUADRIVALENT

These are not all the possible side effects you may have. If you experience any side effects not listed here, tell your healthcare professional.

The flu vaccine cannot cause the flu because it does not contain any live virus.

Common side effects

- Pain where you got the injection
- Muscle pain
- Headache
- Malaise (feeling unwell)
- Injection site redness and swelling
- Shivering

Rare serious side effects

Talk to your healthcare professional if you experience these:

- Anaphylaxis: Difficulty breathing, dizziness, a weak and rapid pulse, skin rash
- Allergic reaction: Rash, itching or hives on the skin; swelling of the face, lips, tongue or other parts of the body

Do not use FLUZONE® High-Dose Quadrivalent if you have ever had a severe allergic reaction to egg or egg products, or any component of the vaccine.