

FLUZONE® High Dose Influenza Vaccine

For adults 65+ years old

What is influenza?

- Influenza is caused by a virus that spreads easily by coughing, sneezing and direct contact with nose and throat secretions.
- It can result in hospitalization and death, especially in very young children, the elderly and those who have underlying health conditions.
- Symptoms include sudden onset of fever, cough, chills, muscle aches, a headache and a runny nose.
- Infected people can spread the virus to others before they show any symptoms.

How can I prevent getting or spreading influenza?

- You cannot get influenza from the influenza vaccine ('the flu shot').
- Get immunized **every year** to protect yourself and those around you.
- Stay home when you feel sick.
- Wash your hands often with soap and water.
- Use an alcohol-based hand sanitizer gel to clean your hands if soap and water are unavailable.
- Cough and sneeze into your sleeve or a tissue (throw tissue away after use and wash your hands).
- Clean and disinfect all surfaces regularly.

Who can get Fluzone® High Dose vaccine for free?

All individuals 65 years and older, including residents of personal care homes and long-term care facilities.

Who should not get this vaccine?

- **AN ALLERGY TO EGGS IS NOT A CONTRAINDICATION TO RECEIVING INFLUENZA VACCINE.**
- People who had a life-threatening reaction to a previous dose of any influenza vaccine, or any components of the vaccine.
- Those younger than 65 years old as the vaccine is licensed only for those who are 65 years and older.
- **Do not attend a public immunization clinic if you have any new or worsening respiratory symptoms (fever, cough, sore throat, runny nose) or if you have tested positive for COVID-19, until you are symptom-free or 5 days have passed since your test.**
- Inpatients (e.g., those in a hospital) can be immunized regardless.

- People who developed a neurological disorder called Guillain-Barré Syndrome (GBS) within 6 weeks of a previous influenza immunization.

How soon will I be protected after getting Fluzone® High Dose vaccine?

Protection (antibodies) develops within 2-3 weeks after immunization in most healthy seniors. However, this depends on the age, the immune response of the person being immunized, and the match between the vaccine viral strains and the influenza viral strains circulating in the community.

What are common reactions to the vaccine?

- **Vaccines are very safe. It is much safer to get the vaccine than to get influenza illness.**
- The most common reactions within the first 3 days after vaccination are injection site pain, muscle pain, headache, generally feeling unwell, injection site redness and swelling, and shivering.
- The majority of reactions resolved within three days of vaccination.

Less common reactions:

- Oculorespiratory syndrome (ORS). Tell your public health nurse, physician or nurse practitioner if you have experienced sore red itchy eyes, respiratory problems (difficulty breathing, cough, wheeze, chest tightness, sore throat) and/or facial swelling following a previous influenza vaccine.
- The background rate of GBS from any cause (**including influenza disease**) is 1-2 cases per 100,000 persons/year (which means about 10-20 cases per million people/year). Investigations have shown either no risk or a very small attributable risk of GBS in roughly 1 case per million doses/year from influenza vaccine.

Those immunized should be monitored (i.e.: stay at the clinic) for 15 minutes after getting any vaccine because there is an extremely rare possibility of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. **If this happens, call 911 or the local emergency number.** This reaction can be treated, and occurs in less than one in one million people who get the vaccine.

Who should you report reactions to?

- **If you have any concerns about the symptoms you develop after receiving the vaccine, call 811. If you received your vaccination from a pharmacist, please consult them first when possible.**
- For more information please speak with the person providing the vaccine or contact your local public health office, your physician, nurse practitioner, or by calling 811.

Talk to a public health nurse:

- If you have questions or concerns about your reaction to an immunization.
- If you had to go to a doctor, a hospital or to a health centre with symptoms that might be related to immunization.

**What does Fluzone High Dose influenza vaccine contain?**

NOTE: This vaccine cannot cause influenza because it does not contain any live influenza viruses.

FLUZONE® High Dose contains four influenza strains:

- A/Victoria/2570/2019 (H1N1)pdm09-like strain.
- A/Darwin/9/2021(H3N2)-like strain.
- B/Austria/1359417/2021-like strain.
- B/Phuket/3073/2013-like strain. Non-medicinal ingredients: Formaldehyde (trace amounts), egg protein (trace amounts), sodium phosphate-buffered isotonic sodium chloride solution, and Triton® X-100.
- Does not contain latex, adjuvants, preservatives, or antibiotics.

Provincial immunization fact sheets are available at www.saskatchewan.ca/immunize.

Reference: FLUZONE® High Dose 2022 product monograph.