

Intranasal Flu Vaccine

Vaccination,
the best protection

Vaccination is the best protection against the flu and its complications. This vaccine does not protect against colds and respiratory infections caused by other viruses.

Disease	Signs and symptoms	Possible complications
Flu	<ul style="list-style-type: none">• Fever• Coughing• Fatigue• Headache• Muscle soreness• Nausea, vomiting, diarrhea (mostly in children)• General feeling of illness	<ul style="list-style-type: none">• Ear infection• Sinusitis• Bronchitis• Pneumonia• Death

The vaccine

Vaccination is the best protection against the flu and its complications. This vaccine can be given from the age of 2. It can be used up to the age of 59 for persons who want to reduce their risk of catching the flu.

This vaccine must be given every year, in the fall. For a child less than 9 years old, 2 doses of vaccine at 1 month interval are required when it's the 1st vaccination against flu.

As the virus contained in the vaccine may be found in nose secretions, avoid close contacts with very severely immunosuppressed people requiring protective isolation, for 2 weeks following vaccination.

Symptoms after vaccination

Some symptoms may be caused by the vaccine. Other problems may occur by chance and are not related to the vaccine (e.g. cold, gastro, headache).

Intranasal flu vaccine is safe. In most cases, it does not cause any reaction.

Frequency	Known reactions to this vaccine	What to do
Often (less than 10% of people)	<ul style="list-style-type: none">• Nasal discharge (runny nose) or nasal congestion• Headache, fatigue or discomfort	<ul style="list-style-type: none">• Use a medication for fever or discomfort if needed.• Do not give medication containing aspirin (acetylsalicylic acid) to people under age 18 for 4 weeks following their vaccination.• See a doctor if symptoms are severe.
Rarely (less than 1 person in 1,000)	<ul style="list-style-type: none">• Allergic reaction	

There is also a very small risk of developing Guillain-Barré syndrome (GBS) after receiving the flu vaccine. The risk is probably about 1 case in one million adults vaccinated. This syndrome causes progressive, reversible paralysis, which can sometimes leave permanent effects. The cause of GBS is unknown. Most cases occur after an intestinal or respiratory infection, including flu, especially in young adults and the elderly.

We recommend that you stay at the clinic for at least 15 minutes after vaccination because allergic reactions may occur. If an allergic reaction occurs, the symptoms will appear a few minutes after the vaccination. The person giving the vaccine will be able to treat this reaction immediately.

For any questions, contact the person giving the vaccine, or Info-Santé 8-1-1 or your doctor.