

When?

Flu vaccination usually begins in November. You should make an appointment as soon as possible, especially if your child needs two doses of the flu vaccine. Contact your CLSC or doctor.

Ways to avoid catching or spreading the flu

You and your child can avoid catching or spreading the flu by following these simple hygiene precautions:

- Wash your hands often.
- Avoid touching your nose, eyes, and mouth.
- Cough and sneeze into the crook of your arm.
- Throw soiled tissues in the trash.
- Avoid visiting the elderly or people with chronic illnesses if you are sick.

IF YOU HAVE ANY QUESTIONS,

contact the person giving the vaccine, or Info-Santé 811 or your doctor.

Flu Vaccine



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[Québec.ca/vaccination](https://quebec.ca/vaccination)

The flu vaccine is no longer recommended for healthy children age six months and older.

Experts in Québec examined the most recent data and concluded that these children are no more at risk of flu-related hospitalization or death than the rest of the healthy population of Québec. Experts recommend that efforts should be focused on better protecting the most vulnerable children: those with chronic illnesses and infants under six months of age. To reduce their risk of catching the flu, vaccinations are offered free of charge to members of their households and their caregivers.

For whom?

Flu vaccination is recommended for children at high risk of flu-related complications and people who may spread the infection to them:

- Children age six months and older with chronic illnesses such as cystic fibrosis, asthma, diabetes, or immune system deficiencies or medical conditions such as muscular dystrophy that affect their ability to expel respiratory secretions and swallow. For a complete list of chronic illnesses and medical conditions, visit [Québec.ca/vaccination](http://Quebec.ca/vaccination).
- Caregivers and people living with these children.

Infants under six months of age are also at high risk of flu-related complications, but the vaccine is not recommended because its effectiveness has not been demonstrated for children at that age.

If your child is under six months of age or is six months of age or older and has a chronic illness, it is important for everyone living in your household and your child's caregivers to get the vaccine. The vaccine is provided free of charge.

Why?

The flu is highly contagious. It is spread by droplets from an infected person's nose or throat, or by objects contaminated by these secretions. The flu differs from other respiratory tract infections such as the common cold by the severity of its symptoms. Flu symptoms include:

- Fever
- Cough
- Fatigue
- Headaches
- Muscle aches
- Nausea, vomiting, and diarrhea
- Overall sick feeling

Flu complications that may occur in infants under six months of age and children over six months of age who have chronic illnesses include:

- Otitis (ear infection)
- Sinusitis
- Bronchitis
- Pneumonia

These complications can have serious consequences such as breathing problems, pneumonia, and even death. Treatment of complications may require antibiotics or hospitalization for a period of days or weeks. As a result, experts have determined that flu vaccination continues to benefit children age six months and older with chronic illnesses and individuals at risk of spreading the infection to them or to infants under six months of age.

The flu vaccine is safe. It will not give you the flu. Although its effectiveness is limited, the flu vaccine remains the best protection against flu complications for high-risk children. However, the vaccine does not protect against other viruses that cause respiratory infections such as the common cold.

If your child is under age nine and has not previously received a flu vaccination, they will require two doses of the vaccine administered one month apart. It is very important for your child to receive their second dose in order to be properly protected.

Your child can be vaccinated even if they have a cold.