

Intranasal Flu Vaccine

Vaccination,
the best protection

September 2026

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	• Fever • Coughing • Fatigue • Headache • Muscle soreness • Nausea, vomiting, diarrhea (mostly in children) • General feeling of illness	• Ear infection • Sinusitis • Bronchitis • Pneumonia • Death

The vaccine

Vaccination is the best protection against the flu and its complications. This vaccine can be given to people aged 2 to 59. It is recommended for people at higher risk of flu-related hospitalization especially those with chronic illnesses. Flu vaccination is also recommended for people who may pass the disease to them, that is members of their household and their caregivers.

This vaccine must be given every year, in the fall. Children under 9 years of age who have not previously been vaccinated against the flu receive 2 doses of the vaccine, 1 month apart.

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).

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)	• Nasal discharge (runny nose) or nasal congestion • Headache, fatigue or discomfort • Coughing and chills in adults	• Use a medication for fever or discomfort if needed. • See a health professional if symptoms are severe.
Rarely (less than 1 person in 1,000)	• 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 811 or a health professional.**