



Influenza Vaccine FAQ

Why is it important to get vaccinated against influenza during the COVID-19 pandemic?

By getting vaccinated, you help protect the vulnerable, such as the elderly and those with chronic underlying medical conditions. These are people who are at increased risk of severe outcomes such as respiratory difficulties or death.

The influenza vaccine has a longstanding safety record and is a critical tool to protect against influenza-related disease and to reduce the influenza-associated burden on the Canadian healthcare system, which is even more important for this influenza season, in the context of COVID-19.

The influenza vaccine should continue to be offered to everyone 6 months of age and older who does not have contraindications to the vaccine.

Is it safe to get the influenza vaccine if I received the COVID-19 vaccine recently?

All seasonal influenza vaccines may be given at the same time as, or at any time before or after administration of other vaccines, including COVID-19 vaccines.

Do I already have protection from influenza if I received a COVID-19 vaccine?

Both COVID-19 and influenza can cause severe disease, but only the influenza vaccine can protect against influenza. Dual infection with COVID-19 and influenza is likely to cause increased severity in symptoms.

How can I help protect myself from COVID-19 during flu season?

Wash your hands frequently, keep at least 1 metre distance from others, wear a mask when 1 metre distance from others isn't possible, cough or sneeze into a bent elbow or tissue, avoid touching your eyes, nose and mouth, avoid crowded public gatherings or activities, open windows nearby if possible.



SMH Influenza

Vaccination Clinic



Starts Monday, October 18
Conference Room A



Available to all SMH staff
No appointment necessary
Just walk in!

Getting an annual Flu shot is your BEST defense against contracting Influenza and is suitable for all individuals 6 months of age or older.