

2024-25 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?

- **Get immunized every year** to protect yourself and those around you.
- Stay home when you feel sick.
- Practice good hygiene (e.g., handwashing).
- Use an alcohol-based hand sanitizer to clean your hands if soap and water are unavailable.
- Cover your mouth when coughing and your nose and mouth when sneezing to prevent direct contact with droplets from the nose or throat.
- Clean and disinfect all surfaces regularly.

Who can get Fluzone® High Dose vaccine for free?

- All individuals 65 years and older.

Who should not get this vaccine?

- Persons who have a serious acute illness, with or without a fever, should delay immunizations until they feel better.
- People who had a serious or life-threatening reaction to a previous dose of any influenza vaccine, or any components in the vaccine (excluding egg).
- Those younger than 65 years old.
- 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 possible reactions to the vaccine?

- **Vaccines are very safe. It is much safer to get the vaccine than to get influenza illness.**
- Common reactions that may occur within the first 3 days after vaccination are injection site pain, muscle pain, headache, generally feeling unwell, injection site redness and swelling, and chills.
- Most 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. This reaction can be treated, and occurs in less than one in one million people who get the vaccine. **If this happens after you leave the clinic, get medical attention or call 911 right away.**

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, speak with the vaccine provider or contact your local public health office, your physician, nurse practitioner, pharmacist or by calling 811.



What does Fluzone High Dose influenza vaccine contain?

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

Influenza vaccines for the 2024-25 season contain antigens against an A/Victoria/4897/2022 (H1N1)pdm09-like virus; an A/Thailand/8/2022 (H3N2)-like virus; a B/Austria/1359417/2021 (B/Victoria lineage)-like virus; and a B/Phuket/3073/2013 (B/Yamagata lineage)-like virus.

FLUZONE® High Dose contains this year's recommended influenza strains, octylphenol ethoxylate (Triton® X-100), formaldehyde (trace amounts), sodium phosphate buffered isotonic sodium chloride solution and may contain egg protein (trace amounts). Does not contain latex, adjuvants, preservatives (including thimerosal), or antibiotics.

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

Reference: [Canadian Immunization Guide](#).