Key messages:
Influenza vaccine

Last updated: September 28, 2022

- Respiratory illness season is here! Protect yourself and others from severe illness with a flu vaccine.

- This flu season everyone 6 months and older is eligible for a free flu vaccine. Getting a flu vaccine remains important for preventing influenza and staying healthy while COVID-19 circulates in our communities.

- When used with other prevention measures, such as frequent hand washing and staying home when sick, getting your flu vaccine offers the best protection against influenza.

- Getting the flu vaccine is especially important for higher risk individuals, including:
  - People at higher risk of serious illness from influenza – children aged 6 months to 5 years, seniors, pregnant people, Indigenous people and people with chronic health conditions
  - People capable of transmitting influenza to those at high risk
  - People who provide essential community services

- Healthcare workers can protect themselves and their patients by getting the flu vaccine early.

- As a healthcare provider, being immunized is part of providing care for our patients while also protecting ourselves and our families. The complications of influenza can be harmful and even deadly for patients, clients, colleagues and loved ones.

- Continue to wash hands frequently, stay home when sick, and follow PPE requirements at work to reduce flu and COVID-19 transmission.

- This year, you can book the COVID-19 booster and flu vaccines together during the same appointment. Watch for your invitation with confirmation number to book your appointment starting in October 2022. When you book an appointment, the system will match you to your preferred location based on age and chosen vaccines.

- For more information on the flu vaccine, visit healthlink.bc.ca, Island Health Influenza or call the influenza hotline (toll-free) at 1-250-544-7676 extension 27545#.