

You cannot get the flu from the vaccine as it is made from a killed virus. Protection begins about 2 weeks after you get vaccinated.

Most people have no reaction to the flu vaccine but as with any immunization, unexpected or unusual side effects can occur including severe allergic reactions. If a reaction does occur, it is usually mild and may include the following:

- Your arm may be red, tender or swollen for one to two days
- A few people may have a mild fever and feel tired or weak 6-12 hours after the immunization. These symptoms should last no longer than one to two days.

Acetaminophen may help to relieve the symptoms caused by the flu vaccine. The dosage is in the package insert or on the container.

If you have an unusual reaction, call Health Link Alberta at 1-866-408-LINK (5465). If you feel it is an emergency call 911 or your doctor immediately.

For more information call

Health Link Alberta at 1-866-408-LINK (5465).