



# Quadrivalent Inactivated Influenza Vaccine (QIV)

## What is QIV?

QIV is a safe and effective way to keep you and your family from getting very sick from the real disease. This vaccine is approved by Health Canada. QIV is made with a tiny amount of dead germs. Vaccines help the immune system learn how to protect itself against the real disease.

## Is influenza (flu) serious?

The flu is an infection of the upper airway caused by 2 types of viruses; influenza A or influenza B. It strikes suddenly and lasts for 7-10 days. Symptoms include fever/chills, sore throat, muscle aches, fatigue, cough, headache and a runny nose.

One complication of the flu is pneumonia (a lung infection) and it may lead to hospitalization or death. Flu is more dangerous for some people including infants, seniors, pregnant women, and people with certain health conditions.

## How is influenza (flu) spread?

The flu spreads easily from person to person even before you notice the symptoms. You become infected when you breathe in air or touch a surface contaminated with the virus. These viruses spread easily through contact with an infected person's saliva such as:

- Kissing, coughing and sneezing,
- Sharing food and drinks, toys or musical instruments,

***The best way to protect against influenza is to get an influenza vaccine. Everyone 6 months of age and older should get this vaccine.***

- Sharing cigarettes, or
- Touching doorknobs, phones, someone's hands then touching your face, eyes or nose.

## What are possible reactions to the QIV?

Vaccines, like any medicine, can have side effects. Most people who get the QIV do not have any reactions. QIV cannot cause or give you the flu.

Possible signs of reaction to the vaccine include:

- Soreness,
- Redness, and
- Swelling where the vaccine was given.

Other signs include:

- Fever,
- Headache,
- Muscle ache, or
- Fatigue.

These are mild reactions and usually last one to two days.



## Why should you get the influenza vaccine?

Immunization is the best way to protect against influenza disease and its complications.

When you are immunized you also help protect others. Someone who is vaccinated is less likely to spread infection.

Acetaminophen (Tylenol®) or ibuprofen (Advil®) can be given for fever or soreness.

ASA (Aspirin®) should **NEVER** be given to children because it can cause a severe liver and brain disease called Reye's Syndrome.

### Who should NOT get an influenza vaccine?

Speak to your health care provider.

### Who should get the influenza vaccine?

Everyone 6 months of age and older can receive this influenza vaccine each year in the fall. Children who are between the age of 6 months and under 9 years of age receiving the vaccine for the first time will need 2 doses one month apart.

To find out more about the influenza vaccine, contact your local health centre to speak to your public health nurse or visit the following links:

- NWT Immunization Schedule:  
<http://www.hss.gov.nt.ca>
- Immunize Canada:  
<https://immunize.ca>
- Public Health Agency of Canada:  
<http://www.phac-aspc.gc.ca/flu>
- To keep track of your family's immunizations on your smart phone or tablet and to receive vaccine schedule reminders please download the CANImmunize App at:  
<https://www.canimmunize.ca>

Your local health care centre is located at the address below.

**It is important to stay in the clinic for 15 minutes after getting any vaccine because there is a rare possibility of a severe allergic reaction. This can include: hives, difficulty breathing, or swelling of the throat, tongue or lips.**

If this happens after you leave the clinic, call or go to the nearest Emergency Department or your local health centre for immediate treatment.

Report any serious or unexpected side-effects to your public health nurse.

Place Health Centre  
contact information  
here.