

Annual Influenza Vaccine Campaign

Concordia Place's 2021/2022 Resident Influenza Campaign is underway. Once again, as discussed during the consent process, residents age 65 years and older will receive the Fluzone® High-Dose Quadrivalent and residents age 64 and younger will receive the Fluzone® Quadrivalent.

Please consider getting vaccinated not only for your own safety, but for the health and well-being of your family, our residents and staff.

Health experts recommend people receive the annual influenza vaccine and the COVID19 vaccine based on eligibility criteria. A person can have more than one viral infection at the same time. We also know that either viral infection can compromise your immune system, or lead to death. The impact of either COVID19 or Influenza viruses on your immune system increases the risk for other bacterial infections or can worsen long term conditions such as pneumonia, congested heart failure or asthma. By immunizing against viruses, we are reducing some of the concerns.

Respiratory infections caused by a virus can spread easily from one person to another through coughing, sneezing or sharing food or drinks. You can also get the virus by touching contaminated objects and then touching your mouth, eyes or nose. For this reason, it's important to cover your nose and mouth with your forearm when you cough or sneeze and wash your hands often with soap and water (or hand sanitizer). As you are aware, this year we have become accustomed to the practice of wearing face masks and eye shields in the facility and at present we continue to require this practice. The flu can seem similar to both a common cold or COVID19. Other common symptoms include headache, chills, loss of appetite and sore throat. Getting the flu vaccine early fall, every fall is the best way to protect yourself and your family and friends against seasonal influenza.

Common side effects of the influenza vaccine may include low fever, chills, redness, bruising, pain or lump where the vaccine was injected, headache, tired feeling, joint or muscle pain. Our nursing team will monitor all residents receiving the vaccine for any adverse effects and treat accordingly.

Information fact sheets for the Influenza vaccines is available here : [Seasonal Influenza Vaccine - Public Health Factsheet \(gov.mb.ca\)](#) or [High Dose Seasonal Influenza Vaccine for Eligible Seniors Aged 65 Years and Older - Public Health Factsheet \(gov.mb.ca\)](#)

It's better to get the shot, not the Flu!