

WHAT ARE THE POTENTIAL CONSEQUENCES OF THE FLU IF YOU'RE 65+?*

According to the Public Health Agency of Canada, during the 2013–2018 flu seasons, adults 65 years and older experienced:

- Up to 70% of flu-related hospitalizations
- Up to 91% of flu-related deaths

Certain populations, such as older adults and those with chronic health conditions, may be at higher risk for serious influenza complications.

* FLUZONE® High-Dose Quadrivalent is not indicated to treat serious influenza complications, or prevent hospitalization or death.

TALK TO YOUR DOCTOR OR PHARMACIST IF YOU HAVE QUESTIONS ABOUT FLUZONE® HIGH-DOSE QUADRIVALENT

Call your public health office and ask if **FLUZONE® High-Dose Quadrivalent** is publicly funded in your province



VISIT FLUZONE.CA OR SCAN WITH YOUR PHONE TO LEARN MORE

Fluzone.ca is available to the general public.

This brochure is a summary. For more information, please ask your doctor, nurse or pharmacist for the package instructions provided with FLUZONE® High-Dose Quadrivalent.

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Toronto, Ontario M2R 3T4
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MAT-CA-2200408-v1.0-08/2022
DIN: 02500523

Do not use this piece after July 31, 2023, as some of the information may be outdated.

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A GUIDE TO THE FLUZONE® HIGH-DOSE QUADRIVALENT FLU VACCINE

FOR PEOPLE 65 AND OLDER



RECOMMENDATIONS FROM NACI

The National Advisory Committee on Immunization (NACI) recommends that flu vaccination should be offered yearly to anyone 65 years and older who does not have contraindications to the vaccine, with focus on the groups for whom flu vaccination is particularly recommended:

- People at high risk of severe disease, influenza-related complications or hospitalization, including:
 - Adults with chronic conditions, such as heart disease, lung disease, diabetes, cancer, kidney disease, blood disorders, neurological disorders or obesity
 - Residents of nursing homes or other chronic care facilities
 - Adults 65 years or older
 - Indigenous peoples
- People capable of transmitting influenza to those at high risk
- People who provide essential community services
- People in direct contact with poultry infected with avian influenza during culling operations

If you're 65 years or older, NACI recommends that, when available, **high-dose** inactivated flu vaccines should be used over **standard-dose** inactivated flu vaccines.

FLUZONE® High-Dose Quadrivalent is not indicated to prevent complications of influenza, hospitalization, heart disease, lung disease, diabetes, cancer, kidney disease, blood disorders, neurological disorders or obesity.

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WHAT IS FLUZONE® HIGH-DOSE QUADRIVALENT USED FOR?

FLUZONE® High-Dose Quadrivalent is a vaccine used in adults 65 years or older to protect against 4 different types of influenza viruses (2 A strains and 2 B strains) contained in the vaccine.

You cannot catch influenza from this vaccine, as the virus has been killed and split into small particles that are not infectious.

NACI recommends yearly influenza vaccination for all Canadians who are able to have the vaccine.



HOW DOES FLUZONE® HIGH-DOSE QUADRIVALENT WORK?



FLUZONE® High-Dose Quadrivalent contains 4 times the amount of killed, split virus particles for each type compared to standard-dose flu vaccines. The **higher dose** is intended to give people 65 years and older a better immune response and, therefore, better protection against the flu.



Quadrivalent means 4 strains. FLUZONE® High-Dose Quadrivalent causes your body to produce its own protection against 4 types of influenza virus (2 A strains and 2 B strains). Your body takes up to 4 weeks after vaccination to produce antibodies. The antibodies are effective for the duration of the flu season.

As with all vaccines, FLUZONE® High-Dose Quadrivalent does not protect 100% of people immunized.



POSSIBLE SIDE EFFECTS FROM FLUZONE® HIGH-DOSE QUADRIVALENT

These are not all the possible side effects you may have. If you experience any side effects not listed here, tell your healthcare professional.

The flu vaccine cannot cause influenza because it does not contain any live virus.

Common side effects

- Pain where you got the injection
- Muscle pain
- Headache
- Malaise (feeling unwell)
- Injection site redness and swelling
- Shivering

Rare serious side effects

Talk to your healthcare professional if you experience these:

- Anaphylaxis: Difficulty breathing, dizziness, a weak and rapid pulse, skin rash
- Allergic reaction: Rash, itching or hives on the skin; swelling of the face, lips, tongue, or other parts of the body

Do not use FLUZONE® High-Dose Quadrivalent if you have ever had a severe allergic reaction to egg or egg products, or any component of the vaccine.