



# The Mortar & Pestle

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Stafford Pharmacy and Home Healthcare

## GET YOUR FLU VACCINATION!

Seasonal influenza (flu) is a contagious viral respiratory disease that causes thousands of deaths every year. Thankfully, there is a simple way to help prevent it: the flu vaccine.

### Should I get the flu vaccine?

Yes! It is recommended for everyone over six months of age who is able to get the vaccine!

As well, if any of the following apply to you, you are considered high risk for influenza-related complications and it is **especially** important that you get the vaccine if possible:

- Seniors (65 years or older); children 6-59 months old; pregnant women
- Aboriginal people
- People living in nursing homes or long-term care facilities
- People with certain medical conditions like diabetes, cancer, renal (kidney) disease, heart disease, immune suppression, blood disorders, severe obesity, and asthma or chronic lung disease



If you live or work with anyone who falls into any of the above categories, it is also essential for you to get vaccinated in order to avoid infecting them.

### Why should I get vaccinated?

Every year, 10-20% of people become infected with the influenza virus. In Canada, the flu is responsible for 20,000 hospitalizations and 2000-8000 deaths yearly.

Even if you do not believe you will get sick, you could infect other people. Certain people are unable to receive the vaccine, and they rely on other people becoming vaccinated to prevent the spread of the virus. The flu vaccine helps protect you as well as the people around you. It can prevent influenza illness in about 70-90% of people.



### When should I get vaccinated?

Since different strains of the influenza virus are always appearing, a new vaccine is developed each year. This means you need to be vaccinated every year. Once vaccinated it takes ~14 days to become fully immune; therefore, the earlier you are vaccinated the better!

### How and where can I get vaccinated?

If you are at least six months of age and you live, work, or go to school in Alberta, getting the flu vaccine is **free**! Two forms of the vaccine are available: a "flu shot" usually injected into the muscle of the arm, and a nasal spray (FluMist®). Based on your age or medical conditions, one form may be a better choice for you.



Flu vaccinations will be available in public health flu clinics as well as here at Stafford pharmacy! **At Stafford Pharmacy we offer the preservative free, thiomersal free flu vaccine Agriflu® for adults.**

2014 Flu Vaccinations Available as  
of  
October 21, 2014



**Tuesdays and Thursdays**

**1:30 PM - 4:30 PM**

**No appointment necessary**

**FREE for all Alberta residents**

**Age 9 and over**

**(must present valid Alberta Health Care Card)**



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