



HELP PREVENT THE FLU WITH FLUMIST® QUADRIVALENT

THE NEEDLE-FREE INTRANASAL QUADRIVALENT FLU VACCINE

WHAT IS FLUMIST® QUADRIVALENT?

FluMist® Quadrivalent is the needle-free flu vaccine that you get through a gentle nasal spray.

FluMist® Quadrivalent is a quadrivalent live, attenuated influenza vaccine (LAIV).

WHAT IS A LIVE VACCINE? WILL IT CAUSE THE FLU?

A live vaccine contains a weakened, but alive, form of the flu virus. The weakened live virus is designed not to cause the flu, but to help protect you from the flu.

As your body responds to the weakened virus and begins to produce an immune response, you may experience some flu-like symptoms. If you work or live with people who have a weakened immune system, talk to your doctor, nurse or pharmacist before getting FluMist® Quadrivalent.

WHY SHOULD I GET VACCINATED FOR THE FLU?

The flu can be a serious respiratory disease, it is easily spread and we are all at risk of getting it. Getting vaccinated reduces the chances that you or your children will get the flu and spread it to others.

WHO CAN FLUMIST® QUADRIVALENT PROTECT?

FluMist® Quadrivalent can protect adults and children aged 2-59 years against the flu. As with any vaccine, talk to your doctor, nurse or pharmacist to see if FluMist® Quadrivalent is right for you and your family.

WHERE CAN I GET FLUMIST® QUADRIVALENT?

When you go to get vaccinated, ask your doctor, nurse or pharmacist if FluMist® Quadrivalent is covered through your provincial healthcare plan. If FluMist® Quadrivalent isn't covered in your province, your private insurance may reimburse you for your FluMist® Quadrivalent vaccination. To find out, call your insurer and provide them with the Drug Identification Number (DIN): 02426544.

DO I NEED TO INHALE WHEN GETTING FLUMIST® QUADRIVALENT?

No. The gentle mist that's sprayed into your nose is often enough for FluMist® Quadrivalent to start working. You don't need to inhale or sniff when you are getting FluMist® Quadrivalent.



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DOES FLUMIST® QUADRIVALENT CONTAIN PRESERVATIVES, LIKE THIMEROSAL?

No. FluMist® Quadrivalent does not contain thimerosal (a mercury-based preservative) or any other preservatives. Because FluMist® Quadrivalent contains no preservatives of any kind, it needs to be refrigerated.

IS FLUMIST® QUADRIVALENT APPRIOPRIATE FOR PEOPLE WITH LATEX ALLERGIES?

Yes, because FluMist® Quadrivalent doesn't contain any latex in the vaccine or the sprayer.

HOW MANY TIMES DO I NEED TO TAKE FLUMIST® QUADRIVALENT?

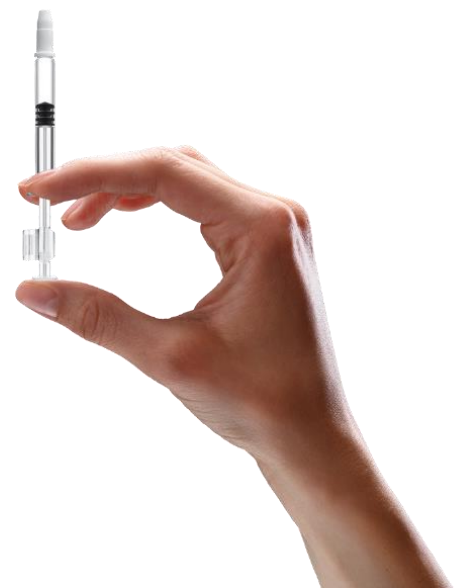
Like the flu vaccines you may be used to, most people need only one dose of FluMist® Quadrivalent every year. However, children 2-8 years old who have never been vaccinated against the flu should have a second dose 4 weeks after the first dose to get the best possible protection from FluMist® Quadrivalent.

WHAT ARE THE MOST COMMON SIDE EFFECTS MY KIDS MIGHT GET WITH FLUMIST® QUADRIVALENT?

Like other vaccines, FluMist® Quadrivalent may have side effects, but not everybody gets them. The most common side effects in kids aged 2 and up are runny/stuffy nose, reduced appetite, weakness, headache and fever.

DID YOU KNOW?

- People who have the flu can spread it to others up to about 6 feet away
- Viruses can live on hard surfaces for up to 8 hours
- Most healthy adults can be contagious 1 day before and up to 5-7 days after flu symptoms develop. Children and some people with weakened immune systems can be contagious for longer than 7 days.





HELP PREVENT THE FLU WITH FLUMIST® QUADRIVALENT

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FluMist® Quadrivalent is a vaccine used to prevent the flu in people between 2 to 59 years of age. The vaccine is made from the strains recommended by the WHO (northern hemisphere) for this flu season. Not everyone may be fully protected by the vaccine. FluMist® Quadrivalent does not treat the flu.

Do not take FluMist® Quadrivalent if you have had an allergic reaction to any of the ingredients contained in FluMist® Quadrivalent, especially to, gentamicin, gelatin or arginine. Do not take FluMist® Quadrivalent if you have had a severe allergic reaction to eggs, or to egg proteins, or an allergic reaction to previous flu vaccinations.

Before you use FluMist® Quadrivalent, talk to your doctor or pharmacist if you, or your child(ren) under the age of 18, are receiving aspirin or medicines containing aspirin; have severe asthma or active wheezing; have had Guillain-Barré syndrome with a previous flu shot; are immunosuppressed due to disease or drug treatment, or associate with people who are immunosuppressed; are pregnant or intend to become pregnant or are nursing.

The most common side effects of FluMist® Quadrivalent in children are runny or stuffy nose, reduced appetite, weakness, headache and fever. And in adults, runny or stuffy nose, headache, sore throat, weakness and cough are the most common. Other less common side effects are muscle aches (children) and chills (adults). Rash and nose bleed are uncommon side effects, whereas allergic reactions and Guillain-Barré syndrome are rare and very rare.