

HELP PREVENT THE FLU WITH FLUMIST® QUADRIVALENT

THE NEEDLE-FREE INTRANASAL
QUADRIVALENT FLU VACCINE



FluMist® Quadrivalent
Influenza Vaccine Live, Attenuated, Intranasal



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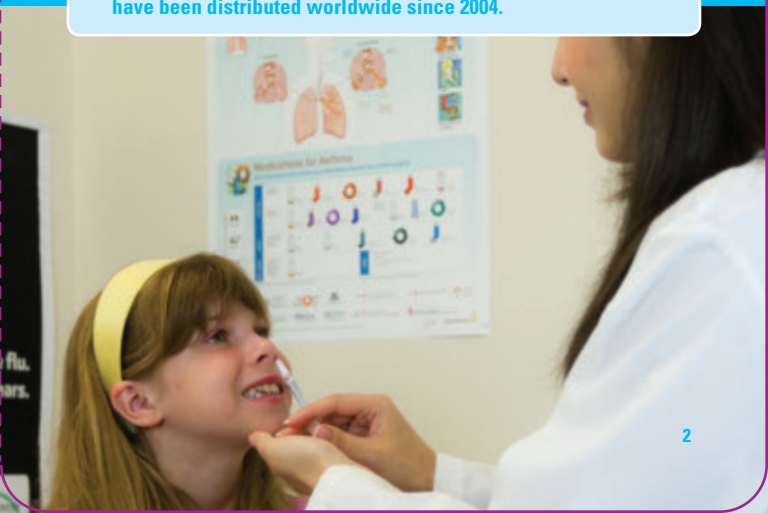
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WHAT IS FLUMIST® QUADRIVALENT?

FluMist® Quadrivalent is the needle-free flu vaccine that you get through a gentle nasal spray. A difference in delivery does not mean a difference in the effects of vaccination.

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

Over 97 million doses of FluMist® and FluMist® Quadrivalent have been distributed worldwide since 2004.





HOW IS FLUMIST® QUADRIVALENT DIFFERENT FROM FLUMIST®?

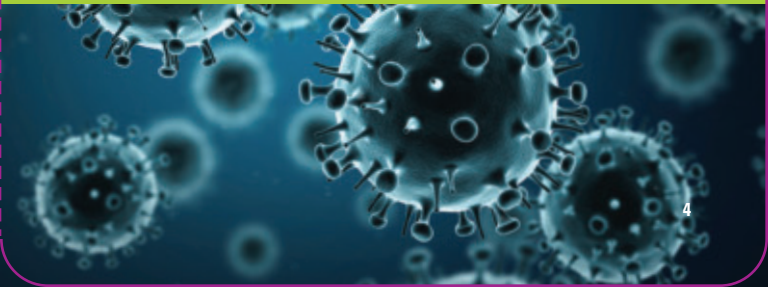
The FluMist® vaccine contained three influenza strains (two A strains and one B strain). FluMist® Quadrivalent contains four strains — two A strains and two B strains. So, FluMist® Quadrivalent offers protection from the four strains of flu recommended by the WHO for the 2016-2017 influenza season.

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

A live vaccine contains a weakened, but alive, form of the virus that causes the flu. This weakened virus **does not cause disease** and won't give you the flu if you have a healthy immune system. Because of the nature of the viruses in the live vaccine, the attenuated vaccine viruses replicate in the nasopharynx and induce protective immunity.

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.

Your immune system will recognize the live virus as “an invader” and produce antibodies against it. These antibodies will help keep you protected for an entire year after your immunization.



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. In addition, influenza B occurs more frequently in children and adolescents. 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. But as with any vaccine, talk to your doctor, nurse or pharmacist to see if FluMist® Quadrivalent is right for you and your family.





CANADIAN IMMUNIZATION GUIDELINES RECOMMENDATIONS

The National Advisory Committee on Immunization (NACI) is the group responsible for recommendations of vaccines in Canada. NACI is a national committee of recognized experts in the fields of pediatrics, infectious diseases, immunology, medical microbiology, internal medicine and public health.

In children without contraindications to the vaccine, quadrivalent live attenuated influenza vaccine (LAIV), quadrivalent inactivated influenza vaccine (QIV) or trivalent inactivated influenza vaccine (TIV) can be used.

The current evidence does not support a recommendation for the preferential use of LAIV in children and adolescents 2-17 years of age.

NACI continues to recommend that, when available, quadrivalent vaccines be used in children and adolescents 2-17 years of age.*

If a quadrivalent vaccine is not available, TIV should be used.

Individuals who have influenza B are more likely to be younger than 20.

*See guidelines for full recommendations.

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. So you don't need to inhale or sniff when you are getting FluMist® Quadrivalent.

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 APPROPRIATE FOR PEOPLE WITH LATEX ALLERGIES?

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

FluMist® Quadrivalent



Traditional flu shot



A difference in delivery does not mean a difference in the effects of vaccination.



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. But 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?

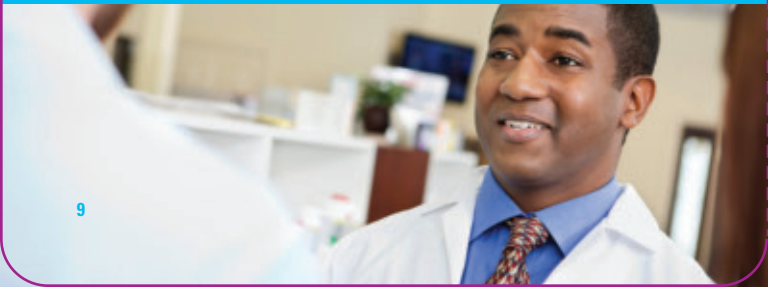
Like other vaccines, FluMist® Quadrivalent may have side effects, but not everybody gets them. The most common side effects in kids aged 2 and up are runny/stuffy nose, reduced appetite, weakness, headache and fever.

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.

HOW CAN I LEARN MORE ABOUT FLUMIST® QUADRIVALENT?

You can learn more about FluMist® Quadrivalent by visiting the consumer website at www.FluMistCanada.ca, or by talking to your doctor, nurse or pharmacist.



DID YOU KNOW?

- Millions of Canadians get the flu every year
- A sneeze can send flu germs flying up to 6 feet
- Flu germs can live on a surface for 2 to 8 hours
- Children can be contagious 6 days before and more than 10 days after their flu symptoms first appear
- In about half of the flu seasons from 2001-2013, there was a mismatch between the predominant circulating strain of influenza B and the vaccine strain

Help protect yourself and your family against the flu. Learn more about FluMist® Quadrivalent by asking your doctor, nurse or pharmacist, or by visiting the consumer website at www.FluMistCanada.ca.



FluMist® Quadrivalent

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 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 eggs, egg proteins, gentamicin, gelatin or arginine. Do not take FluMist® Quadrivalent if you have had 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; or 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 nosebleed are uncommon side effects, whereas allergic reactions and Guillain-Barré syndrome are rare and very rare.

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