

Occupational Health & Safety Flu Vaccine Campaign 2025–2026

1. Why Should we Get the Flu Vaccine?

Influenza (the flu) is a highly contagious respiratory illness that can spread rapidly in workplace settings.

Getting vaccinated protects not only you but also your coworkers, and patients, especially those who may be at higher risk of severe illness. Flu vaccination is a key part of workplace health and safety to reduce absenteeism and maintain a safe working environment.

2. Who Should Get Vaccinated?

Everyone aged 6 months and older who works in any environment where they interact with others should get an annual flu vaccine, unless medically contraindicated. Priority groups include:

- Employees aged 65 and older**
- Pregnant workers**
- Those with chronic health conditions (e.g., asthma, diabetes, heart or lung disease)**
- Healthcare workers, or those working within a healthcare facility**
- Employees working with vulnerable populations or in close contact with others**
- Workers handling poultry or livestock**

3. Why is the Flu Vaccine Needed Every Year?

Flu viruses change every season, and immunity from vaccination decreases over time. Annual vaccination:

- Matches the vaccine to the current circulating flu strains**
- Ensures you have the best protection throughout the flu season**
- Helps decrease and can prevent workplace outbreaks**

4. Can I Get the Flu Vaccine with Other Vaccines?

Yes, the flu vaccine can be given safely at the same time as other vaccines, including COVID-19 vaccines.

5. Should I Get Vaccinated If I'm Feeling Unwell?

If you have a mild illness without fever (like a common cold), you can still get the flu shot. If you have moderate to severe illness with fever, wait until you recover before getting vaccinated.

6. Can the Flu Vaccine Give Me the Flu?

No. The flu vaccine contains inactivated (killed) or weakened virus components that cannot cause the flu. Mild side effects like soreness or low fever are normal but not the flu.

7. What Are Common Side Effects?

Side effects are usually mild and short-lived, including:

- Soreness or redness at the injection site
- Mild fever or headache
- Muscle aches or fatigue

Serious allergic reactions are extremely rare. Seek immediate medical care if you experience difficulty breathing or swelling of the face or throat.

8. Who Should NOT Get the Flu Vaccine?

Do not get vaccinated if you have had a severe allergic reaction (anaphylaxis) to a previous flu vaccine or its components, except for egg allergy — people with egg allergy can safely receive the vaccine. If unsure, consult your healthcare provider.

Why Get Vaccinated at Work?

- Protect your health and your coworkers
- Reduce flu-related absenteeism and maintain workplace safety
- Help prevent flu outbreaks that disrupt operations
- Contribute to a healthier, more productive workplace environment
- During an outbreak on an inpatient unit, workers are required to be immunized for Influenza in order to keep working on the outbreak unit

**Get Your Flu Vaccine This Season
Protect Yourself, Your Team, and Your Workplace!**