**Flu Shots**

**Availability**

Seasonal flu vaccinations are available at the University Health Clinic while supplies last.

**What is it?**

It is a quadrivalent vaccine containing inactivated flu virus strains.

For adults the vaccine is given into the muscle of the upper arm.

**Who should not get the vaccine?**

Anyone with a severe allergic reaction to eggs or egg products (i.e. hives, swelling of lips/tongue, or breathing difficulties)

Anyone with a severe reaction from a prior flu shot (same as above)

Anyone younger than 6 months

Anyone with a suppressed or altered immune system response (i.e. chemotherapy, corticosteroids medications, HIV/AIDS, Guillain-Barre etc.) needs to consult a physician prior to vaccination. These conditions may cause an inadequate immune response to the vaccine, leaving the person still susceptible to the viruses.

**Adverse Reactions**

While it is impossible for the vaccine to give you the flu; the most common side effects which occur at the injection site and can last up to 2 days are:

- Pain
- Redness
- Swelling
- Bruising & Hardness