

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