

The Seasonal Flu Shot: Make an Appointment!

How can you get vaccinated?

1. If you are at high risk for developing serious flu-related complications, here are your three options:

- Verify if you can get vaccinated at your next medical appointment,
- Verify if you can get vaccinated at your local pharmacy,
- As of October 13th, you can make an appointment for a flu shot at 1-833-802-0460 or online at ciusssmcq.ca/vaccination

2. If you are not at risk for developing serious complications and would like to get vaccinated, ask your local pharmacy if they offer the flu shot

Who should get vaccinated?

Some individuals are at high risk for developing flu-related complications such as breathing difficulties, pneumonia or even death. The flu can lead to hospitalization for a few days or weeks and can cause senior citizens to lose their autonomy.

Individuals at high risk for developing complications from the flu:

- Individuals with chronic illnesses (ex. diabetes, immunity disorders, cardiovascular diseases, pulmonary, hepatic or renal),
- Pregnant women with chronic diseases at any point in their pregnancy,
- Pregnant women in their 2nd and 3rd trimester (13 weeks or more),
- Individuals who are 75 years of age and older.

In addition, those who are susceptible to transmitting the flu to vulnerable people, therefore:

- Individuals who are living in the same home as any of the above-mentioned groups,
- Caregivers of individuals of the above-mentioned groups,
- Individuals who are living in the same home as newborn babies that are less than 6 months old (as they cannot get vaccinated),
- Individuals who are working in the healthcare sector.