By getting your flu shot today, you've done your part to protect yourself, your loved ones and your community from the spread of influenza. Please take a moment to review the following information.

What should I do if I experience a reaction?
The flu shot is well tolerated and most people will have no reaction or only a mild reaction, so you should be able to go about your normal activities for the rest of the day. The following are potential side effects and suggestions to help manage them:

- Soreness at the injection site – Apply a cool compress to the site (10 minutes on and 10 minutes off) until the soreness goes away.
- Mild fever and muscle aches – If needed, ask your pharmacist to recommend an over-the-counter medication.

Why do I need to stay at the pharmacy for 15 minutes after getting my flu shot?
In very rare instances, a serious allergic reaction can occur. These reactions most often begin shortly after receiving the vaccination but may appear a few hours later as well. Symptoms may include any of the following and require immediate medical attention:

- Face, mouth, throat swelling
- Hives, itchy rash
- Chest pain, increased heart rate, difficulty breathing
- Sudden decrease in blood pressure, dizziness, confusion
- Crampy abdominal pain, nausea, vomiting, diarrhea
- In addition, if any unusual condition occurs following vaccination, such as a high fever (over 38°C), severe muscle aches or tingling or numbness in the legs, seek medical attention right away.

How long does it take for the flu shot to become effective?
It takes about 2 weeks after your flu shot for your body to build antibodies and therefore, you may not have added protection from the flu during this time. For more information, speak to your Shoppers Drug Mart pharmacist.

Seasonal Inactivated Influenza Vaccination Patient/Agent Consent

I consent to having the Shoppers Drug Mart Pharmacist administer the seasonal inactivated influenza vaccine. I have reviewed the document entitled “Preparing for the Flu Shot” and the pharmacist has answered my questions. I understand the risks, benefits, expected outcome and possible side effects of this vaccine and agree to wait in the pharmacy for 15 to 30 minutes after receiving the vaccination. I agree to see a doctor if I develop any side effects or health problems after receiving the vaccine. I agree that the Shoppers Drug Mart pharmacy may share my personal health information regarding this vaccination as required with public health officials and other healthcare providers. I consent to be contacted by telephone by this Shoppers Drug Mart pharmacy or its authorized agent, the Shoppers Drug Mart Patient Contact Centre located in Ontario, regarding this vaccination and other related services that may be of benefit to me.

I am providing consent for myself

I am providing consent for the patient identified above.

If providing consent for patient identified above, complete below:

Contact information of patient agent (name and telephone):

Relationship to person receiving the seasonal inactivated influenza vaccination:

Parent (check if applicable)
Guardian (check if applicable)
Other, please specify

Signature of person providing consent: ____________________________

Date: mm/dd/yyyy
### PREPARING FOR THE FLU SHOT

**What is influenza?**

Influenza ("the flu") is an infection of the respiratory tract that is caused by a virus. It is spread through coughing, sneezing, shaking hands or by touching contaminated objects. Symptoms include sudden high fever, cough, headache, muscle aches, loss of appetite and fatigue. Flu season in Canada usually lasts from November to April.

**Why get the flu shot?**

It can not only prevent you from getting ill, but also from spreading influenza to those who may be at risk of more serious complications, such as pneumonia. Getting a flu shot every year is an important part of your defense against influenza because the type of virus changes from year to year.

**Who should get it and who should not get it?**

It is recommended that everyone 6 months of age and older get the flu shot. You should speak with your pharmacist or doctor first if you have a history of a severe allergic reaction to influenza vaccine or a component of the vaccine, or a history of Guillain-Barré syndrome because the flu shot may not be appropriate for you. If you are ill with a fever, the pharmacist may ask you to come back for your flu shot when you are better. Inform the pharmacist if you have a severe egg allergy or any other allergies.

**What can I expect from the flu shot?**

The injection is usually given in the arm so the pharmacist will require access to your upper arm. The flu shot does not cause the flu. The most common side effect is soreness at the site of the injection. Some people can also develop a fever and muscle aches. The pharmacist will ask you to wait at the pharmacy for approximately 15 minutes after your injection to make sure that you do not have a reaction to the vaccine.

**What should I do if I experience a side effect or reaction from the flu shot?**

For soreness, ask the pharmacist if an over-the-counter pain medication may be appropriate for you, or apply a cold cloth to the area. If you experience fever, muscle aches, headache, or weakness, contact your doctor.

### FLU IMMUNIZATION RECORD

**Date of birth: (mm/dd/yyyy) **

**Name of Health Care Provider**

**Method of Notification:**  
Fax  
Phone

**Time of administration:**  
AM / PM

**Dose administered:**  
0.5 mL

**Route of administration:**  
IM

**Site of administration:**

**Lot #**  
Expiration:**

**Pharmacist Signature:**

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**Shoppers Drug Mart**

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