

Influenza Aftercare

What should I expect after receiving the Influenza vaccine?

Similar to medications and other vaccines, the influenza vaccine can cause some side effects, although not everyone will experience these. Most side effects are minor and don't last very long. Receiving two vaccinations on the same day (i.e. COVID-19 and influenza vaccination) does not increase the risk of side effects.

Common side effects include:

Mild soreness, redness or tenderness where the needle went into the arm; headache; and mild fever or aching.

Serious side effects are rare.

Call your health care provider or go to the nearest emergency department if you develop any reactions within 3 days of receiving the vaccine: hives, swelling of your face or mouth, trouble breathing, very pale colour and serious drowsiness, high fever (over 40°C), convulsions or seizures, or other serious symptoms (e.g. "pins and needles" or numbness). Please also report these more serious side effects to Lambton Public Health at 519-383-8331 or toll free 1-800-667-1839.

Can I get Influenza from the vaccine?

No. The flu shot does not contain live virus, so you cannot get the flu from the vaccine. Side effects such as low-grade fever, aches, chills, and headache are signs of your body developing immunity to the vaccine. If symptoms persist for more than 3 days, consider following up with your primary care provider.

What are the differences between COVID-19 and side effects from the flu vaccine?

Side effects from the influenza vaccine usually begin soon after vaccination and last 1-2 days.

Because of concerns about COVID-19, if a vaccine recipient develops a fever after vaccination, they should stay home until it resolves.

Influenza vaccination does not cause common COVID-19 symptoms such as cough, shortness of breath or high-grade fever. If the vaccine recipient develops new symptoms of cough or shortness of breath, or if fever does not resolve within 72 hours of vaccination, the recipient should contact their healthcare provider and/or consider getting tested for COVID-19.

