



## COMMON QUESTIONS FROM PATIENTS ABOUT THE FLU SHOT

*It's a good idea for pharmacists to familiarize themselves with the following commonly asked questions about influenza immunization. Patients who are hesitant or ambivalent about vaccination may be more comfortable with reassurance from their pharmacist.*

QUESTION	ANSWER <sup>6</sup>
Does the flu shot work?	The flu shot acts as a barrier, making the body more resistant to flu viruses. As influenza viruses are always changing, it's important to get vaccinated every year to protect oneself against whichever flu viruses are going around during that particular time.
Is the flu shot safe?	Absolutely. Flu vaccine ingredients have been tested to ensure they're safe, and the province regularly checks the safety of the flu vaccine. Hundreds of millions of people have already benefited from the flu shot.
What is in the flu shot?	Flu vaccines contain dead viruses and have small amounts of egg protein. Flu shots are safe for patients with egg allergies.
Is the flu shot painful?	Many patients don't experience any pain at all. The shot may pinch or sting, but only for three or four seconds. Those who relax their arm will help themselves avoid any pain. If patients are especially concerned with potential pain during the flu shot, they can use a cream or a patch that numbs the skin.