

2026-2027 Enhanced Influenza Vaccine

For adults 65 years and older

What is influenza

- Influenza (flu) is caused by a virus that spreads easily when an infected person coughs or sneezes, or through direct contact with nose and throat secretions.
- It can cause serious illness, including hospitalization and death, especially in very young children, older adults, and people with certain health conditions.
- Common symptoms include sudden onset of fever, cough, chills, muscle aches, headache, and a runny nose.
- People infected with influenza can spread the virus to others before they feel sick or show symptoms.

How can I prevent getting or spreading influenza?

- **Get immunized every year** to protect yourself and others.
- Stay home when you feel sick.
- Clean your hands regularly (use an alcohol-based hand sanitizer if soap and water are not available).
- Cover your mouth and nose when coughing and sneezing.
- Clean and disinfect frequently touched surfaces.

Who can get this vaccine for free?

- People **65 years of age and older** can get an enhanced influenza vaccine at no cost. This vaccine is designed to help provide a stronger immune response in older adults.

Who should not get this vaccine?

- People who are seriously ill, with or without a fever, should delay vaccination until they feel better.
- People who have had a serious or anaphylactic reaction to a previous dose of influenza vaccine, or any of its ingredients (except eggs).
- People who developed a neurological disorder called Guillain-Barré Syndrome (GBS) within 6 weeks of a previous influenza immunization.

How soon will I be protected after getting immunized?

- Most people are protected about **2 weeks after getting the vaccine**. This is how long it takes the body to build protection against influenza.
- How well the vaccine works can vary. It depends on a person's age, how their immune system responds to the vaccine, and how closely the vaccine matches the influenza viruses spreading in the community.

What are possible reactions to the vaccine?

- **Vaccines are very safe. It is much safer to get the vaccine than to get influenza illness.**
- Expected and temporary reactions that may occur 2 to 3 days after vaccination include soreness, redness or swelling at the injection site, muscle pain, headache, generally feeling unwell, and chills.
- Most reactions resolve within 3 days.

Less common reactions:

- Oculorespiratory syndrome (ORS). Tell your public health nurse, physician, or nurse practitioner if you have experienced sore red itchy eyes and respiratory problems (difficulty breathing, cough, wheeze, chest tightness, sore throat) with or without facial swelling following a previous influenza vaccine.
- The rate of GBS from any cause (including influenza disease) is 1-2 cases per 100,000 persons/year (which means about 10-20 cases per million people/year). Investigations have shown either no risk or a very small attributable risk of GBS in roughly 1 case per million doses/year from influenza vaccine.
- It is important to stay at the clinic for 15 minutes after getting any vaccine because there is an extremely rare possibility of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. This reaction is extremely rare (less than 1 in 1 million people) and can be treated. **If these symptoms happen after you leave the clinic, get medical help right away or call 911.**

Who should you report reactions to?

- **Report any unexpected or serious reactions to your local public health nurse, doctor, nurse practitioner, or HealthLine 811 as soon as possible. If you received your vaccination from a pharmacist, please consult them first when possible.**
- For more information, contact your local public health office, physician, nurse practitioner, pharmacist, or HealthLine 811.

What strains are included in this year's influenza vaccines?

NOTE: These vaccines cannot cause influenza because they do not contain any live influenza viruses.

Influenza vaccines for the 2026-27 season contain these strains:

- A/Missouri/11/2025 (H1N1)pdm09-like strain (A/Switzerland/6849/2025, IVR-278)
- A/Darwin/1454/2025 (H3N2)-like strain (A/Michigan/105/2025, SAN-049A)
- B/Tokyo/EIS13-175/2025-like strain (B/Tokyo/EIS13-175/2025, wild type)

Provincial immunization fact sheets are available at www.saskatchewan.ca/immunize.



Reference: [Canadian Immunization Guide](#), product monographs.

What do injectable influenza vaccines contain?

FLUAD® contains this year's recommended influenza strains, MF59C.1 (an adjuvant), citric acid, polysorbate 80, sodium citrate, sorbitan trioleate, squalene, water for injection, calcium chloride dehydrate, disodium phosphate dehydrate, magnesium chloride hexahydrate, potassium chloride, potassium dihydrogen phosphate, sodium chloride and may contain trace amounts of cetyltrimethylammonium bromide (CTAB), formaldehyde, hydrocortisone, kanamycin, neomycin and ovalbumin (egg protein) from the manufacturing process. Latex and preservative free.

FLUZONE® High Dose contains this year's recommended influenza strains, sodium chloride, sodium phosphate (dibasic anhydrous), sodium phosphate (monobasic anhydrous), water for injection, and trace amounts of formaldehyde, egg protein, sucrose and Triton® X-100. Does not contain latex, gelatin, antibiotics or preservatives. It is available from public health and is only for individuals who cannot receive FLUAD.