Flu/COVID Vaccination FAQs

Can I receive my flu shot at the same time as my COVID-19 vaccine?

Yes. The National Advisory Committee on Immunization (NACI) recommends that the administration of influenza vaccines may occur at the same time as COVID-19 vaccines for those aged 5 years and older. Getting both vaccines at the same time is convenient and safe.

Speak to a Rexall pharmacist to receive both immunizations this season.*

*Subject to vaccine availability and provincial eligibility.

Can seniors receive Fluad or Fluzone High Dose for the flu?

Fluad or Fluzone High Dose will be offered at Rexall pharmacies based on provincial eligibility and supply availability. Fluad or Fluzone High Dose may be recommended for specific individuals. Your pharmacist will advise you if you qualify for Fluad, Fluzone HD or for the regular Flu Vaccine. Fluad or High Dose Flu shots are only available in select provinces based on vaccine supply available to pharmacies from the province.

Can the flu vaccine give me the flu or other respiratory illnesses?

No. The flu vaccine cannot give you the flu or increase the risk for other respiratory illnesses. Side effects of the flu vaccine however may result in mild flu-like symptoms such as fever, nausea, and muscle aches that typically go away on its own within a few days.

At what age can individuals receive the flu shot from a Rexall pharmacist?

Across Canada, individuals aged 5 years and above can receive a flu shot from a Rexall pharmacist. In Ontario & Manitoba, individuals aged 2 years and above can receive their flu shot from a Rexall pharmacist.

Will you provide a record of receiving a flu shot?

Yes, you will be provided an immunization record and also have the ability to view a digital record for the last 3 years of immunizations you receive at Rexall. A digital record is available by downloading the Be Well App. Speak to your Rexall Pharmacy about connecting your Be Well app to your individual profile.

How many potential COVID-19 vaccines has Canada secured?

Canada has secured vaccine contracts from seven different manufacturers, several of which have been submitted to Health Canada for approval.

Which COVID-19 vaccines are presently approved for use in Canada?

To date, the following vaccines have been authorized for use in Canada:

- **Pfizer-BioNTech COVID-19 vaccine**
  - mRNA vaccine; requires ultra-cold (-70 C) storage
  - 2 dose regimen, 21 days apart

Flu/COVID Vaccination FAQs

- - If possible, the COVID-19 vaccine should not be given within 14 days of receiving any other vaccine
  - At a minimum, 28 days should elapse after the second dose of the COVID-19 vaccine before receiving any additional vaccines
  - For more information, consult the product monograph and PHAC supplementary information for Health Care Professionals.
  - **Moderna COVID-19 vaccine**
    - mRNA vaccine; stored between -25 to -15°C
    - 2 dose regimen, 28 days apart
    - If possible, the COVID-19 vaccine should not be given within 14 days of receiving any other vaccine
    - At a minimum, 28 days should elapse after the second dose of the COVID-19 vaccine before receiving any additional vaccines
    - For more information, consult the product monograph and PHAC supplementary information for Health Care Professionals.
  - **AstraZeneca COVID-19 Vaccine**
    - Viral vector-based vaccine (refrigerated temperature of 2°C to 8°C) Do not freeze
    - 2 dose regimen, 4 to 12 weeks later
    - If possible, the COVID-19 vaccine should not be given 14 days after receiving any other vaccine
    - At a minimum, 28 days should elapse after the second dose of the COVID-19 vaccine before receiving any additional vaccines
    - For more information, consult the product monograph and PHAC supplementary information for Health Canada professionals
  - **Johnson & Johnson COVID-19 Vaccine**
    - Viral vector-based vaccine (refrigerated temperature of 2°C to 8°C) Do not freeze
    - A single dose regimen
    - If possible, the COVID-19 vaccine should not be given 14 days after receiving any other vaccine
    - At a minimum, 28 days should elapse after receiving the COVID-19 vaccine before receiving any additional vaccines
    - For more information, consult the product monograph and PHAC supplementary information for Health Canada professionals

How safe and effective are the COVID-19 vaccines?
Studies for each of the approved COVID-19 vaccines in Canada were conducted in different populations around the world, at different times during the pandemic and not in head-to-head comparative studies. Numerous scientific, peer-reviewed studies have shown that all the approved COVID-19 vaccines in Canada have gone through rigorous testing and clinical trials to ensure they meet the highest safety standard. All the approved vaccines have shown high efficacy in the most important outcomes: reducing severe symptoms of COVID-19, hospitalization, and death.

Flu/COVID Vaccination FAQs

Are there any side effects associated with receiving the COVID-19 vaccine?

Serious adverse effects from either COVID vaccine are rare. Common adverse events include injection site pain, fatigue, headache, and muscle pain. **Health Canada is closely monitoring any reports of adverse events from the population as people receive the vaccine**, and there have been no reports of unexpected side effects from patients to date. Anyone who witnesses or experiences an adverse reaction to the vaccine is encouraged to report the reaction to their health care provider.

Can COVID-19 vaccines be administered in different dosing intervals?

Due to recent vaccine supply and distribution challenges, **the Government of Canada is revisiting the immunization schedule** and **NACI has published guidance that outlines key factors for consideration when adjusted dosing intervals may be required**. Although it is advisable to follow the recommended schedule, the **WHO has announced that the interval between doses may be extended up to 42 days**.

Sources: https://www.rexall.ca/covid-19/faq; https://www.rexall.ca/pharmacy-flu-shots;