

Influenza is a viral infection primarily transmitted by droplets spread through coughing or sneezing and through direct or indirect contact with respiratory secretions. Influenza symptoms typically include the sudden onset of fever, cough, and muscle aches and can be very similar to COVID-19 symptoms.

The best way to prevent infection and transmission is by observing [routine practices](#) such as washing your hands often and wearing a mask, staying home if you are sick, **AND getting vaccinated**. According to the National Advisory Committee on Immunization (NACI), influenza vaccination is an essential component of the standard of care for all health care workers for their own protection and that of their patients.

Influenza season runs from late fall to early spring. Flu vaccine takes about two weeks to be fully effective. The vaccine is usually available early October and is free of charge at most pharmacies, local campus student health services (graduate/undergraduate programs), hospital Occupational Health Services (registered postgrads) or through your healthcare provider. All influenza vaccines may be given at the same time as, or at any time before or after administration of other live or inactivated vaccines, including COVID-19 vaccines.

- Contraindications to influenza vaccination (Canadian Immunization Guide 2024):
  - Anaphylactic reaction after previous administration of an influenza vaccine or to any of the components of a specific influenza vaccine, not including egg. Egg allergy is NOT a contraindication for influenza vaccination, as there is a low risk of adverse events associated with the trace amounts of ovalbumin allowed in influenza vaccines manufactured using eggs.
  - History of Guillain-Barré Syndrome (GBS) within 6 weeks of a previous influenza vaccination unless another cause was found for the GBS.
- Note - Live attenuated influenza vaccine (LAIV - FluMist quadrivalent intranasal spray) is NOT RECOMMENDED for health care workers (Canadian Immunization Guide 2024) and will not be accepted.

Immunization with the seasonal influenza vaccine (or a letter from a physician if unable to receive the vaccine due to a valid medical reason) is a **mandatory** requirement for health professional programs, and for visiting electives and non-professional health sciences courses with clinical placements occurring between November and June.

Learners may use our [Health Screening Update Form](#) to document the vaccine, OR submit separate documentation, e.g. pharmacy receipt or note from a qualified health care professional (HCP). Documentation must include learner name, date of service, type of vaccine, and HCP name, profession, address.

- Undergraduate/graduate health professional programs:
  - Submit documentation to the Health Screening Office **annually by November 30th** each year. Learners who do not complete this requirement by the due date will no longer be cleared for in-person clinical activities, including clinical skills sessions.
  - Instruction for submission can be found on our website:  
<https://fhs.mcmaster.ca/healthscreening/formsandsubmission.html>
- Postgraduate Medicine programs:
  - Submit documentation directly to the clinical placement site.
- Visiting electives and Non-Professional Health Sciences courses with placements occurring between November and June:
  - Submit documentation directly to the clinical placement site.

For more information:

<https://www.ontario.ca/page/flu-facts>

<https://www.hamilton.ca/public-health/health-topics/flu-vaccine>

<https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccine-2024-2025.html>

**Questions?** Contact the Health Screening Office: 905-525-9140 ext 22249 or ext 28639, email: [hrsadmin@mcmaster.ca](mailto:hrsadmin@mcmaster.ca)