

## **Influenza and COVID-19 immunization information for schools**

To stay healthy and to prevent the spread of illness, Alberta Health Services (AHS) is urging all Albertans to get immunized against influenza and reduce their risk of being infected.

Influenza – commonly referred to as the flu – is a respiratory disease caused by a virus that affects the nose, throat and lungs. Influenza is contagious and is easily transmitted from person to person.

Getting immunized is the best defense against influenza and COVID-19 viruses. In addition, wash your hands often, cover coughs and sneezes, and stay home when sick.

By getting an influenza vaccine, you are protecting your own health, the health of seniors and other vulnerable people around you, and Alberta's health system so it can provide care to those who most need it, including those with COVID-19.

COVID-19 vaccines, including boosters, are being offered to eligible individuals five years of age or older with each influenza vaccine appointment booked.

It is safe to get the influenza vaccine at the same time as your COVID-19 vaccine.

For anyone five years of age and older, the influenza vaccine and the COVID-19 vaccine can be given as two separate shots at the same appointment. A separate COVID-19 vaccine appointment is not required.

Please confirm at the time of your influenza appointment if you can receive both vaccines.

Book your free flu vaccine to protect yourself and loved ones.

### **Immunization appointment booking: Influenza and COVID-19:**

<https://www.albertahealthservices.ca/topics/Page17295.aspx>

#### **Influenza information:**

<https://www.albertahealthservices.ca/influenza/influenza.aspx>

#### **COVID-19 information:**

<https://www.albertahealthservices.ca/topics/Page16944.aspx>