



Renfrew County and  
District Health Unit

# FACT SHEET

## FLUMIST<sup>®</sup> (Q-LAIV) 2-17 YEARS OF AGE

### What is the quadrivalent live attenuated vaccine (Q-LAIV)?

Q-LAIV is a vaccine that is sprayed into the nose to help protect against influenza infection. Q-LAIV is a quadrivalent influenza vaccine that protects against two influenza A viruses and two influenza B viruses.

### Can Q-LAIV give individuals influenza?

Unlike the injectable quadrivalent inactivated vaccine (QIV) which contains inactivated viruses, the Q-LAIV contains live attenuated (weakened) viruses. Just like the inactivated vaccine, the viruses in the Q-LAIV **cannot cause influenza illness**. The live attenuated viruses are temperature sensitive, which means they are designed to only work at cooler temperatures found within the nose. The viruses cannot infect the lungs or other areas where warmer temperatures exist.

### Are there side effects from Q-LAIV?

Q-LAIV, like any medicine, can cause side effects, which in most cases are mild. The risk of the vaccine causing serious harm is extremely small. Side effects after receiving Q-LAIV include; runny nose, nasal congestion, cough, chills, tiredness, weakness, sore throat and headache. These side effects are mild, lasting only a few days.

### Can Q-LAIV be given to individuals when they are ill?

Q-LAIV can be given to individuals with minor illnesses (e.g., cold). However, if an individual has a significantly congested nose that would obstruct the delivery of the vaccine, vaccination with Q-LAIV should be not given.

### Who should NOT get Q-LAIV?

The following individuals should not get Q-LAIV:

- Children younger than 2 years of age (due to increased risk of wheezing)
- People who have had a serious allergy (anaphylaxis) to a previous dose or to any ingredient in the vaccine, including eggs
- People who have developed Guillain-Barré Syndrome (GBS) within six weeks of a previous influenza vaccination
- People with severe asthma (on high-dose inhaled or oral steroids, or medically attended wheezing in the last 7 days prior to vaccination), or active wheezing
- People with a weakened immune system due to disease or medical treatment
- People who are on long-term aspirin or aspirin-containing therapy
- Pregnant women

*Continued on reverse*

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## Can the Q-LAIV spread influenza virus to other people?

Although live vaccine virus can be shed, there have been no reports of an unvaccinated person getting infected with a serious illness from a vaccinated person.

To be safe, all people who get FluMist should avoid close contact with people with severe immune compromising conditions (e.g. bone marrow transplant requiring hospital isolation) for at least 2 weeks.

## How many doses are required?

Children under nine years of age receiving seasonal influenza vaccine for the **first time** should receive two doses given at least four weeks apart.

Any child greater than nine years of age, or who has received the influenza vaccine before will require only one dose of seasonal influenza vaccine.

## When should I call my health care provider?

Call your health care provider, or go to the nearest hospital emergency department if any of the following symptoms develop within three days of getting the vaccine:

- hives
- swelling of the face or mouth
- trouble breathing
- very pale colour and serious drowsiness
- high fever (over 40°C or 104°F)
- convulsions or seizures

## Who should I talk to if I have any more questions?

Talk to your health care provider or call Renfrew County and District Health Unit Health Info Line at **613-735-8666 or 1-800-267-1097 Ext. 666.**

## How do I keep track of this vaccination?

After you get any vaccination, make sure your personal immunization record, such as your "Yellow Card", is updated. Keep it in a safe place.

To contact us or for more information	
	613-735-8653 or 1-800-267-1097
	<a href="http://www.rcdhu.com">www.rcdhu.com</a> Healthy Living Immunization Immunizations for Children
	7 International Dr, Pembroke, ON K8A 6W5
	 @RCDHealthunit

**Source:** Adapted from the Ministry of Health and Long Term Care.

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Health Care Provider Q & A: General information; September 2018

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