

# Important Notice

## Changes to Québec's Flu Vaccination Program

### Revised vaccination recommendations

**If you are between the ages of 60 and 74 and in good health**, your risk of hospitalization or death from the flu is low. **If you are the parent of a healthy child age 6 to 23 months**, the same is true for your child. The flu vaccine is thus no longer recommended for healthy adults age 60 to 74 or healthy children age 6 to 23 months. However, if you still wish to get the flu vaccine or have your child vaccinated, you can do so free of charge this year.

### Reasons for the changes

Experts in Québec examined the most recent data and concluded that people age 60 to 74 who are in good health and children age 6 to 23 months who are in good health are no more at risk of flu-related hospitalization or death than the rest of the healthy population of Québec. Flu complications can have serious consequences for the most vulnerable people, including breathing problems, severe dehydration, and even death. Treatment of complications may require antibiotics or hospitalization for a period of days or weeks, which can result in a loss of independence for the elderly.

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**Thus**, despite the vaccine's limited effectiveness, experts have determined that the flu vaccine continues to benefit vulnerable people. They thus recommend that efforts be focused on better protecting those people and their caregivers.

## Prevention

You can avoid catching or spreading the flu by following these simple hygiene precautions:

- Wash your hands often.
- Avoid touching your nose, eyes, and mouth.
- Cough and sneeze into the crook of your arm.
- Throw soiled tissues in the trash.
- Clean your environment and sanitary fixtures on a regular basis. For example, clean counters, door handles, toilets, and sinks.
- Avoid contact with sick people who may be contagious.
- Avoid visiting the elderly and people with chronic illnesses when you are sick.

### FOR MORE INFORMATION

visit the Government of Québec website at

**[Québec.ca/vaccination](https://quebec.ca/vaccination)**