

Influenza Information Sheet

2026 BC Public Service Worksite Influenza Clinic Program

As in past years, the influenza vaccine is available free of charge to any individual engaged in the operational activities of the BC Public Service during influenza season; clinics will be offering the FLUZONE® Trivalent Vaccine this year. This makes getting vaccinated convenient for employees by offering clinics at or near BC Public Service worksites during the workday.

About influenza

Influenza (often called 'the flu') is a contagious viral, respiratory illness that is spread mainly through droplets formed when people cough, sneeze, or talk. A person may also get it by touching contaminated surfaces or objects and then touching their mouth, nose, or eye.

Symptoms may include:

- Fever
- Muscle or body aches
- Cough
- Sore throat
- Runny or stuffy nose
- Headaches

- Fatigue/tiredness
- Loss of appetite

Fever and other symptoms can last up to 7 to 10 days, with the cough and weakness lasting one to 2 additional weeks. The duration of the influenza season in Canada varies year to year, but typically lasts 12 to 16 weeks, running from November through April, with the highest number of cases generally occurring between December and February. Influenza season can, however, start early and run as late as May. Early immunization is recommended to ensure the vaccine's protective antibodies are in place before influenza activity begins.

BC Public Service worksite influenza clinics

Worksite clinics are only possible due to the efforts and dedication of employees who volunteer to be a worksite contact. The worksite influenza clinic program runs from mid October to early December. Your worksite contact will provide information about the clinic options available to you and how to book an appointment.

Influenza vaccine: FLUZONE® Trivalent Vaccine

The vaccine components often change from year to year, based on worldwide tracking for changes in the virus and predictions about which strains will circulate each season. The vaccine being administered at worksite clinics, the FLUZONE®

Trivalent, is an egg-based, inactivated (killed virus) vaccine that is prepared using the following three specific virus strains:

1. A (H1N1) pdm09-like virus
2. A (H3N2)-like virus
3. (B/Victoria lineage)-like virus

Experts recommend annual flu immunizations, as protection against the virus decreases over time and the virus constantly undergoes changes.

Who can get the influenza vaccine?

Canada's National Advisory Committee on Immunization (NACI) continues to recommend that everyone 6 months of age and older get the influenza vaccine. the Standard-dose [FLUZONE® Trivalent Vaccine](#) is approved for individuals 6 months of age and older Immunization is especially important for people who are at higher risk of developing complications from influenza infection, including:

- Young children (not eligible for immunization at worksite clinics)
- Pregnant individuals
- Older adults
- People chronic medical conditions

For more information on populations at highest risk, see [HealthLinkBC](#).

Who should not receive the influenza vaccine?

Speak with your healthcare provider if you have experienced any of the following:

- Had a life-threatening allergic reaction to a previous dose of influenza vaccine, or to any ingredient in the vaccine (Guidelines from the Centre for Disease Control, however, indicate that egg allergies are no longer a reason to avoid or delay the influenza vaccine).
- Developed Guillain-Barré Syndrome (GBS) within 6 to 8 weeks of a prior influenza vaccine without another cause being identified.

People with a moderate or severe acute illness, with or without a fever, should wait until their symptoms improve before getting vaccinated; however, mild illness, such as the common cold, are not a reason to delay. It is generally safe for you to get immunized even if you are recovering from an illness; however, it is advised that you stay home if you are recovering from an infectious illness, so you're not putting others at risk of infection when you attend your appointment.

Benefits and risks

Influenza vaccines are a safe and effective way to help protect yourself and others against seasonal influenza. Following immunization, immune cells in your body are exposed to the vaccine components and activate an immune response that results in the production of specific antibodies against the virus. These antibodies can help prevent infection, reduce the severity of illness if you are infected, and reduce spread of the virus. You cannot get influenza from the inactivated vaccine as it

contains killed viruses, or parts of the virus that cannot cause infection.

Common side effects of the influenza vaccine include:

- Localized soreness, redness, swelling, or a lump at the injection site
- Low-grade fever, sweating and chills
- Headaches and fatigue
- Mild muscle pain or joint soreness
- While there have been reports of severe allergic reactions (anaphylaxis) and other rare conditions such as Guillain-Barré Syndrome occurring after receiving influenza vaccines, these are noted to be very rare.

Consent

You will be required to complete a consent form (available on [Careers & MyHR](#)) and bring it to your immunization appointment. A nurse will review your form and discuss any concerns you may have.

Additional information and resources

- For more information about influenza supports for BC Public Service employees, visit [Careers & MyHR](#).
- For more information about influenza, visit [HealthLinkBC](#)
- For general questions about clinic schedules or forms, please ask your worksite clinic coordinator or email the BC Public Service [Cold and Flu Team](#)
- For confidential inquiries related to individual health concerns, please contact

the clinic nurse team during regular business hours at

FLUOHN@healthserv.com or call [1-800-270-8048](tel:1-800-270-8048), extension 225.

- All B.C. residents 6 months and older can get a free influenza vaccine (among other available vaccinations) this fall and winter through their local health authority. For more information about booking an appointment in your community, for yourself and/or your family members, visit [ImmunizeBC](https://www.immunizebc.ca)