Prevent the flu with **FluMist®***

The needle-free flu vaccine†

* As with any vaccine, FluMist may not protect 100% of individuals.
† Clinical significance is unknown.





What is FluMist?

FluMist is the needle-free flu vaccine that you get through a gentle nasal spray. FluMist is a trivalent live, attenuated influenza vaccine (LAIV).

What is a live vaccine? Will it cause the flu?

A live vaccine contains a weakened, but alive, form of the flu virus. The weakened live virus is designed not to cause the flu, but to help protect you from the flu.

As your body responds to the weakened virus and begins to produce an immune response, you may experience some flu-like symptoms. If you work or live with people who have a weakened immune system, talk to your healthcare provider before getting FluMist.

Did you know?

- People with flu are most contagious during the first three days of their illness.
- People who have the flu can spread it to others one day before and 5–7 days after symptoms appear.
- Viruses can live on hard surfaces for up to 24–48 hours.
- Most healthy adults can be contagious 1 day before and up to 5–7 days after flu symptoms develop. Children and some people with weakened immune systems can be contagious for longer than 7 days.

Why should I get vaccinated for the flu?

The flu can be a serious respiratory disease, it is easily spread and we are all at risk of getting it. Getting vaccinated reduces the chances that you or your children will get the flu. As with any vaccine, FluMist may not protect 100% of individuals.

Who can FluMist protect?

FluMist is used to prevent the flu in adults and children aged 2-59 years. As with any vaccine, talk to your healthcare provider to see if FluMist is the right option for you and your family.

Where can I get FluMist?

Don't forget to ask your doctor, nurse or pharmacist if FluMist is covered through your provincial healthcare plan. If FluMist isn't covered in your province, your private insurance may reimburse you for your FluMist vaccination.

Curious about private coverage? Call your insurer and provide them with the Drug Identification Number (DIN): 02352621.



Visit the Pharmacy Locator on the FluMist website to find a pharmacy near you.

Are trivalent vaccines like FluMist recommended by Canadian immunization guidelines?

The National Advisory Committee on Immunization (NACI) is the group responsible for recommendations of vaccines in Canada.

NACI recommends that, any age-appropriate influenza vaccine should be used for children and adolescents (2 to 17 years), and adults (18 to 59 years), who do not have contraindications.*†

Based on NACI recommendations, influenza vaccine should be prioritized for the following groups:

- Cardiac or pulmonary disorders (includes bronchopulmonary dysplasia, cystic fibrosis, and asthma)
- Diabetes mellitus and other metabolic diseases
- Cancer, immune compromising conditions (due to underlying disease, therapy, or both, such as solid organ transplant or hematopoietic stem cell transplant recipients)
- Renal disease
- Anemia or hemoglobinopathy
- Neurologic or neurodevelopment conditions (includes neuromuscular, neurovascular, neurodegenerative, neurodevelopmental conditions, and seizure disorders [and, for children, includes febrile seizures and isolated developmental delay], but excludes migraines and psychiatric conditions without neurological conditions)
- Morbid obesity (BMI of 40 and over)
- Children 6 months to 18 years of age undergoing treatment for long periods with acetylsalicylic acid, because of the potential increase of Reye's syndrome associated with influenza

* LAIV should not be used for children with severe asthma (as defined as currently on oral or high-dose inhaled glucocorticosteroids or with active wheezing), those with medically attended wheezing in the 7 days prior to vaccination, those currently receiving aspirin or aspirin-containing therapy, and those with immune-compromising conditions, and pregnancy.

† See guidelines for full recommendations.

Do I need to inhale when getting FluMist?

No. The gentle mist that's sprayed into your nose is often enough for FluMist to start working. You don't need to inhale or sniff when you are getting FluMist.

How many times do I need to take FluMist?

For children, adolescents and adults 2-59 years, the usual dose is one 0.2 mL dose of FluMist per year; about one-half of the contents will be sprayed into each nostril. For children 2-8 years old who have never been vaccinated against the flu, 2 doses 4 weeks apart, is recommended.

Administering FluMist

Self/caregiver-administration of FluMist must occur under the direct supervision of a healthcare professional and be monitored by a healthcare professional post-administration. Ensure the recipient or their caregiver has access to the INSTRUCTIONS FOR USE section for more detailed instructions on the preparation, administration and disposal of FluMist.

Does FluMist contain preservatives, like thimerosal?

No. FluMist does not contain thimerosal (a mercury-based preservative) or any other preservatives. Because FluMist contains no preservatives of any kind, it needs to be refrigerated.

How to store FluMist?

FluMist may be kept at room temperature between 20°C to 25°C in its carton for a maximum of 12 hours.

- Keep the vaccine refrigerated at **2°C to 8°C** from the time you receive it until you are ready to use it.
- **Do not freeze the vaccine**.
- If the vaccine is accidentally kept at room temperature (up to **25°C**) for **12 hours or less**, it can still be used.
- If this happens, **return the vaccine to the refrigerator (2°C to 8°C) as soon as possible** and use it as soon as you can.
- **Do not expose the vaccine to room temperature more than once**.

What are the most common side effects my kids might get with FluMist?

FluMist may have side effects, but not everybody gets them. The most common side effects in kids aged 2 and up are runny/stuffy nose, reduced appetite, weakness, headache and fever.

Worried about latex allergies?
FluMist doesn't contain any latex in the vaccine or the sprayer.



Ready for **FluMist**?

Visit our website flumistcanada.ca for more information.

Scan or click here

Safety profile

FluMist is a vaccine used to prevent the flu in people between 2 to 59 years of age. The vaccine is made from the strains recommended by the World Health Organization (northern hemisphere) for this flu season. Not everyone may be fully protected by the vaccine. FluMist does not treat the flu.

Do not take FluMist if you have had an allergic reaction to any of the ingredients contained in FluMist, especially to, gentamicin, gelatin or arginine. Do not take FluMist if you have had a severe allergic reaction to eggs, or to egg proteins, or an allergic reaction to previous flu vaccinations.

Before you use FluMist, talk to your doctor or pharmacist if you, or your child(ren) under the age of 18, are receiving aspirin or medicines containing aspirin; have severe asthma or active wheezing; have had Guillain-Barré syndrome with a previous flu shot; are immunosuppressed due to disease or drug treatment, or associate with people who are immunosuppressed; are pregnant or intend to become pregnant or are nursing.

The most common side effects of FluMist in children are runny or stuffy nose, reduced appetite, weakness, headache and fever. And in adults, runny or stuffy nose, headache, sore throat, weakness and cough are the most common. Other less common side effects are muscle aches (children) and chills (adults). Rash and nose bleed are uncommon side effects, allergic reactions and Guillain-Barré syndrome are rare and very rare side effects, and worsening symptoms of Leigh syndrome are unknown side effects.

If you would like to report a side effect, please visit the Government of Canada Website or alternatively, the AstraZeneca Contact Us Page.

AstraZeneca

FluMist® is a registered trademark of AstraZeneca, used under license by AstraZeneca Canada Inc. The AstraZeneca logo is a registered trademark of AstraZeneca AB, used under license by AstraZeneca Canada Inc.
© AstraZeneca Canada Inc. 2026

CA-14527E

MEMBER OF INNOVATIVE MEDICINES CANADA

REVIEWED BY PAAB