



**Dear Community Partners,**

After two years of low influenza activity, we are seeing a sharp rise in influenza illness and hospitalizations in children. This is happening earlier than usual in the flu season.

Children, particularly those under 5 years of age, people with certain chronic health conditions, pregnant individuals, and people over the age of 65 are most vulnerable to severe illness or complications from the flu. To address this growing health risk, Fraser Health is increasing access to flu vaccinations for children, their families, and the broader population.

**At this time, we are asking for your help to share information with your residents or clients,** particularly those of diverse backgrounds who may not receive the information through our standard communication channels.

Please encourage everyone to book appointments for flu vaccinations through the [Get Vaccinated System](#). Everyone over 6 months of age is eligible for a flu vaccine.

For those who face barriers to booking an appointment, Fraser Health is offering walk-ins with no appointment required at our Neighbourhood Immunization Clinics. Some local Public Health Units are also offering expanded clinic hours and drop-in appointments for children and their families. For clinic locations and walk-in hours, please visit: [Getting your flu shot - Fraser Health Authority](#).

Key points and links to our social media posts and website are listed on the next page.

We appreciate your partnership as we work to ensure that the most vulnerable in our communities are protected against flu.

Sincerely,

Lindsay Bowthorpe, MD, CCFP, MPH, FRCPC  
Medical Health Officer – Medical Director  
Fraser Health Authority



## **Key Points**

### **Why is flu vaccination important right now:**

We are seeing a sharp increase in illness and hospitalizations due to flu, particularly among children. Flu vaccines provide protection from flu and can help prevent serious illness and hospitalization.

### **Eligibility:**

Everyone 6 months of age and over is eligible for a flu vaccine. A person does not need to be enrolled in the provincial health services plan (MSP) or a permanent resident of Fraser Health region to be eligible.

### **Priority Populations for Vaccination:**

Children, particularly those under 5 years of age, people with certain chronic health conditions, pregnant individuals, and people over the age of 65 are most vulnerable to severe illness or complications from influenza. Pregnant individuals and caregivers of infants less than 6 months of age are strongly encouraged to get vaccinated to protect themselves and infants in their care.

### **Booking an Appointment:**

Clients are encouraged to book an appointment, using the [Get Vaccinated system](#) or by calling 1-833-838-2323. Translation services are available online and by phone. Drop-in appointments are available at Neighbourhood Immunization Clinics and some local Public Health Units. (See clinic schedule below). Your primary care provider may be offering the flu vaccine in their office.

### **Clinic Schedule:**

The current clinic schedule is available at [www.fraserhealth.ca/flu](http://www.fraserhealth.ca/flu)

### **Vaccination options for children and those who are afraid of needles:**

FLUMIST® QUADRIVALENT is a flu vaccine that is delivered by a nasal spray. This vaccine type is available for children aged 2-17 and anyone who is afraid of needles and may not otherwise get vaccinated. Please note that FLUMIST® QUADRIVALENT is not available at all clinics. Clients can request FLUMIST® QUADRIVALENT when booking their appointment and clinics will do their best to accommodate.



## **Social Media and Web Links**

### **Facebook**

- Parents' Guide to Flu Vaccination:  
<https://www.facebook.com/FraserHealthAuthority/posts/pfbid0fBQPLwHyVHxLpN4sZB5eaL3AS2Ch2NPaqQvi1J2LclaxYNVpW174A8Gmx5WkiXZLI>
- "Flu Facts" Video Series:
  - Parents' Guide to Flu Vaccination:  
<https://www.facebook.com/reel/612155367378074>
  - How Do I Book My Flu Shot:  
<https://www.facebook.com/FraserHealthAuthority/videos/537669214860702/>
  - Why Do I Need a Flu Shot Every Year:  
<https://www.facebook.com/FraserHealthAuthority/videos/1842287509447655/>
  - Getting Flu and Covid Vaccines at the Same Time:  
<https://www.facebook.com/FraserHealthAuthority/videos/6066453763387772/>
  - Who Should Receive the Flu Shot:  
<https://www.facebook.com/FraserHealthAuthority/videos/432867629019345/>
  - Side Effects of the Flu Shot:  
<https://www.facebook.com/FraserHealthAuthority/videos/724100071887767/>
- Connect with a Virtual Care Nurse:  
<https://www.facebook.com/photo?fbid=509414921220132&set=a.236793521815608>

### **Twitter**

- Parents' Guide to Flu Vaccination:  
<https://twitter.com/Fraserhealth/status/1599464803097083910?cxt=HHwWjIC8tfOwuLIisAAA>
- Get your flu vaccine:  
<https://twitter.com/Fraserhealth/status/1600295317890428928?cxt=HHwWgMCj6ZyHsrUsAAA>
- Connect with a Virtual Care Nurse:  
<https://twitter.com/Fraserhealth/status/1600189653507768331?cxt=HHwWloCw6d-AgrUsAAAA>

### **Website**

- [Fraserhealth.ca/flu](https://fraserhealth.ca/flu)