



# Get your flu shot!

## Did you know?

Most adults with cancer and cancer survivors **should get** the flu shot (influenza immunization).

## What kind of flu shot should I get?

Get the non-live flu shot (not the live nose spray).

## Should I get both the flu shot and a COVID-19 shot?

Yes. It's still important to protect yourself and others from the flu. In fact, you can get both the flu shot and a COVID-19 shot at the same time (into different body parts, using separate needles and syringes).



## When should I get the shot?

- **Before systemic treatment starts** — at least 14 days before starting systemic treatment (like chemotherapy or immunotherapy).
- **Before radiation treatment** — any time before treatment starts.
- **After starting systemic or radiation treatment** — ask your health care team when it is best for you.

## Should my family members or caregivers get the flu shot too?

Yes! Anyone in close contact with you should get the flu shot each year. Being around healthy people will help keep you healthy too.

## Is it safe to be around people who have gotten the live nose spray?

Yes. It is safe unless you are in hospital **and** on protective isolation.

## What else can I do to protect myself?

Wash your hands well to prevent the spread of germs. Try not to have contact with people who are sick. Follow public health guidelines.

## I'm a health care provider. Where can I view the guideline?

In your web browser, search "Alberta cancer guidelines" and look under 'supportive care' or scan the code.

