



It's flu season!

Most people who have a **Hematopoietic Stem Cell Transplant (HSCT) should get** the flu shot.

Did you know?

What kind of flu shot (influenza immunization) should I get?

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

Is it safe to get immunized during the pandemic?

Yes. It's still important to protect yourself and others from the flu.



I'm having (or had) immunotherapy treatment. Should I get the shot?

Talk to your oncologist first, before getting the shot, if you:

- are on immunotherapy treatment now
- finished immunotherapy treatment in the past 6 months

When should I to get the shot?

- **Before or during your transplant** — talk to your transplant doctor first
- **After your transplant** — 6 months after your HSCT, unless you are told something different by your doctor

Should my family members or caregivers get the flu shot?

Yes! It is most important for anyone in close contact with you to get the flu shot. 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.



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 ahs.ca/influenza