

# VACCINE BASICS OCTOBER SAFETY SEGMENT



The flu vaccine is a crucial tool in preventing influenza, a contagious respiratory illness caused by flu viruses. It works by stimulating the immune system to produce antibodies that fight off the virus, reducing the risk of infection. Typically, the vaccine is updated annually to match the most common strains of the virus predicted for the upcoming flu season. It's recommended for everyone aged six months and older, especially those at higher risk of severe complications, such as the elderly. Getting vaccinated not only protects the individual but also helps reduce the spread of the flu within the community.

## VACCINE BASICS

### DIRECTIONS

There are a lot of questions when it comes to vaccines. If you would like to know more, please check out the course available on the CCSA LMS: [Vaccine Basics - On-Demand](#). You can also facilitate discussion using the [Vaccine testing and approval poster](#).

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some of the signs and symptoms after you get the flu vaccine?
- Truth or myth: If I get the vaccine, I will get the flu?
- How long can it take for a vaccine to be approved?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



Follow the CCSA and check our other resources.

