



# It's flu season!

## Did you know?

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

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

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

## Should I get both the flu shot and the 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 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! 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.

