



Cystic Fibrosis Clinic
Ambulatory Care Building, Room K3-189

Tuesday, September 25, 2018

FROM: BCCH Cystic Fibrosis Clinic

TO: Parents and Families of Children with CF

RE: Influenza Vaccine

This is to inform you that the influenza vaccine will soon be available. It is recommended by Cystic Fibrosis Canada's Medical Advisory Board and the Canadian National Advisory Committee on Immunization **that all CF patients over the age of 6 months receive influenza vaccine each year. It is also recommended that household contacts of people in a high-risk group (e.g. CF) receive the vaccine.** The best prevention is obtained by having the immunization **as early as possible.**

In 2018/19, there will be 3 different types of vaccines available – please read below to see which type is the best for your child.

We recommend the following vaccination schedule for infants, children and adolescents with CF:

- Age 6 to 23 months or >17 years: Intramuscular Flu Shot (needle). The “quadrivalent” vaccine (covers 4 strains of influenza) is preferred, but the “trivalent” (covers 3 strains) can be used if the quadrivalent is not available.
- Age 2 years to 17 years: Intranasal Flumist (squirt in nose) or quadrivalent vaccine (flu shot) - if neither of these is available, the trivalent (flu shot) vaccine may be used.

Notes:

- Anyone receiving flu vaccine for the **first time** will need two doses at least 4 weeks apart.
- Your child should be in good health if/when receiving the Flumist vaccine. Some patients do experience *mild* cold-like symptoms after receiving this vaccine. The symptoms should pass within a couple of days.

You are asked to contact your family physician or local public health unit to make arrangements for your child and family or if you prefer, there is a Family Immunization Clinic at BCCH in the Ambulatory Care Building serving patients, families and their visitors running Monday to Friday 8:30 a.m. – 5:00 p.m.

If there is any problem in obtaining the vaccine, please contact the CF Clinic at (604) 875-2146.

Yours sincerely,

Dr. Mark Chilvers
Director, Cystic Fibrosis Clinic
B.C. Children's Hospital