



**doc
on the
block**

Family Health Organization

Loyal Dependable Available Primary Care Provider

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FLU SHOT CLINIC CONSENT FORM

I, *(Print your last, and first name)* authorize doc on the block Family Health Organization to immunize me against the flu by providing me a flu shot for the 2020-2021 flu season.

PRIOR TO RECEIVING YOUR FLU SHOT PLEASE COMPLETE THE FOLLOWING QUESTIONS BELOW:

YES NO

- I have had an allergic reaction to a prior flu vaccination.
- I have had severe side-effects from a flu shot in the past, if yes describe: _____
- I have a chronic medical illness, if yes please describe: _____
- I currently have an illness symptoms and suffer from the following symptoms: check all that apply
- | | |
|---|---|
| <input type="checkbox"/> Fever or Chills | <input type="checkbox"/> Cough |
| <input type="checkbox"/> Difficulties Breathing | <input type="checkbox"/> Sore Throat |
| <input type="checkbox"/> Running Nose | <input type="checkbox"/> Loss of Taste or Smell |
| <input type="checkbox"/> Nausea, Vomiting, Diarrhea | <input type="checkbox"/> Sleeping more than usual |
| <input type="checkbox"/> Headache or Dizziness | <input type="checkbox"/> Weakness, Muscle aches, or Falls |

MY PERSONAL DETAILS:

Consent: I confirm that I have read the influenza vaccine information and COVID screening questionnaire. I know about the risks, benefits, and common side effects of this vaccine. I understand the information I have been given. I consent to getting the influenza immunization and affirm I have none of the COVID related symptoms at the time of vaccination.

Printed name of person giving consent: _____

Relationship to patient receiving vaccine (if applicable): _____

Daytime Phone Number: _____

Signature of person giving consenting _____

Today's date (Month/Day/Year): _____

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FLU VACCINE INFORMATION FORM

PROTECT YOURSELF: Know the facts about the flu.

Commonly known as “the flu”, influenza is an infection in the airways caused by the influenza virus. The flu is easily caught and easily spread. Although some symptoms may be cold-like, they are far more serious: headache, chills and dry cough are rapidly joined by body aches and fever. While the fever may decline on the second or third day of the illness, full recovery may take up to 6 weeks.

Influenza can lead to severe complications for thousands each year. While most people recover fully, influenza may lead to more severe and life-threatening illnesses, such as pneumonia, resulting in hospitalization and even death. Vaccination is the only preventative measure that has been proven to reduce mortality rates caused by influenza.

Immunization is the best prevention. It is true! While a good diet, vitamins and exercise all contribute to your general health, they may not be enough to protect you from the influenza virus, especially if you already have a medical condition. Vaccination every Fall does provide increased protection. Furthermore, it reduces the seriousness of the infection should you contract it. For the following people it is especially important to get a flu shot, because they are at greater risk of complications:

Anyone with conditions including: • heart or lung disease • diabetes or any other metabolic disease • cancer • kidney disease • a blood disorder • a weakened immune system • Seniors and anyone who lives, works, or volunteers in a nursing home, chronic care facility, retirement home or other health care setting • Emergency service workers including fire, police, and ambulance staff • Anyone, including children, who lives in the same household or is in contact with people at risk such as those mentioned above

Some people should NOT get a flu shot. Influenza vaccine should not be given to people who have had an anaphylactic reaction to a previous dose or who have developed Guillain-Barre Syndrome within six weeks of influenza vaccination. Children who are under 6 months of age should not be given the vaccine because it does not work well in this age group. If you have a serious acute illness you should postpone your shot until you are well.

Immunization side effects are minor. Most commonly, mild soreness at the vaccination site is the only side effect. Less common are headaches and muscle pain. As a precaution, you may be asked to remain at the pharmacy for 15 - 20 minutes following vaccination.

Facts about the Flu Shot • Flu vaccine cannot give you the flu. • New flu strains mean a new vaccine each year. • You should get immunized as soon as flu season starts. After getting the flu shot, immunity may take up to 2 weeks to develop. • Children and youth who are at risk need a flu shot. • Women who are pregnant or breastfeeding can get the flu shot. The flu shot is the most effective and longest lasting protection against the influenza virus and the illness it can cause. As people are vaccinated, the influenza virus has less chance to multiply and circulate in the community. Protecting yourself can also benefit those around you who may be at risk of severe complication from influenza.

INFLUENZA vs. COVID-19

1. Getting the flu shot does not protect you from COVID-19.
2. Symptoms of COVID-19 and Influenza may be similar; however, COVID-19 is more contagious, and complications can be more serious.
3. If you are experiencing any symptoms and are unsure if they may be cold, flu or COVID-19 related, then you should CALL Toronto Public Health