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October 22, 2020

Dear Sun Peaks Residents

Re: Flu Vaccination

I have been asked questions about the flu vaccine and thought I could hopefully cover them all here.

1. Yes, I recommend flu vaccine, especially this year. The last thing we want is to see are patients with Covid-19 and Influenza at the same time. Very serious.
2. Peak flu season is January, February and March.
3. Flu shots start providing immunity after about 2 weeks and peak in the first couple of months. However, the level of immunity wanes with each month.
4. Overall, the flu shots last for about 6 months in otherwise healthy children and adults.
5. However, even in healthy adults, studies have shown that flu vaccine benefits can vanish within 90 days of receiving the vaccine. Thus, if you get a vaccine say in September, you may not have any immunity during the flu season.
6. In people 65 and over, the flu vaccine wears off earlier and thus may not have much benefit if given too early.
7. Ideally, CDC recommends getting flu vaccines in late October. (Thus, the reason we are holding our flu clinic at the end of October. We had considered doing it a week earlier but someone called an election!)
8. You can still get a flu vaccine into even January and have some benefit.

Hope this helps clarify some questions.

Sincerely

Shane Barclay MD