



# What to expect when you get your flu shot at the pharmacy



## Before you visit...



### Arrange to have your flu shot

Your pharmacy may offer:

- appointments
- dedicated walk-in hours
- special times for vulnerable patients
- home visits
- off-site clinics
- drive-thru options

**Check what your pharmacy is offering!**



### Self-screen for COVID-19 symptoms

Before coming to the pharmacy, ask yourself the following questions:

- Have I tested positive for COVID-19 and have not been cleared?
- Do I have any COVID-19 symptoms (on the day of your flu shot)?
- Have I experienced any COVID-19 symptoms in the last 2 weeks?
- Have I travelled out of the country in the last 2 weeks?
- Am I living with an individual who currently has COVID-19 or has been out of the country in the last 2 weeks?
- Am I under self-isolation?

**If you answered yes to any of the above questions, you will need to reschedule your flu shot.**



### Fill out forms and documents

In order to reduce the time spent at the pharmacy, you may be able to complete and/or securely submit your flu shot documents before your visit (e.g., website, email). Check to see if this is available at your pharmacy.



**Remember:**  
Contact your pharmacy if you need to cancel or change your scheduled appointment. Someone can use your spot!



**COVID-19 vaccines can be safely administered at the same time (or any time before or after) other vaccines, including the flu shot! Talk to your pharmacist for more info!**



## At the pharmacy...

Follow your pharmacy's check-in and waiting procedures. This may include waiting in a designated area, outside or even in your car. Follow all physical distancing signage and respect the posted limits of number of people allowed in the pharmacy at one time.



### Screening

COVID-19 screening might be done before you enter the premises (e.g., in your car, at the entrance or even by phone.)



### Wear a mask or face covering

If you do not have a mask you cannot get your flu shot. Check with your pharmacy for any exceptions.



### Wear loose clothing with short sleeves

Allow easier access to your arm muscle.



### Arrive on time, not early

Help avoid crowds and maintain physical distancing.



### Limit the number of people going with you

Only 1 essential caregiver should attend (e.g., parent).  
*NOTE: Households can be immunized together.*



**Remember:**  
The flu shot is the most effective protection against the flu. By protecting yourself, you are also protecting those around you.

**Stay safe. Be kind. Be patient.**