



Health PEI
OCCUPATIONAL HEALTH,
SAFETY, & WELLNESS

SAFETY TALK



COVID-19 AND INFLUENZA (FLU) IMMUNIZATIONS

Health PEI is recommending that all staff receive this years **updated** Covid-19 and Influenza vaccines. We use the word “updated” to describe these vaccines because they are expected to be updated on a yearly time frame as the viruses change year to year.



The goal of these vaccines is to protect against spread, severe illness, hospitalization, and death. They also restore and enhance protection from previous immunizations, which has declined over time.



Source: Immunize.ca

FREQUENTLY ASKED QUESTIONS

Q. When is the best time to receive the flu vaccine?

A. Influenza season in Canada usually begins in December, but can start as early as October. It takes most people 2 weeks after vaccination to build protection against influenza infection. Your Employee Health team begins offering the flu vaccine in October.

Q. Am I eligible for Covid-19 vaccine?

A. You are eligible to receive a COVID-19 vaccine if it has been 6 months, with a minimum of 3 months, since your last COVID-19 vaccine, or your last COVID-19 infection.

Q. Can I receive both flu and COVID-19 vaccines at the same time?

A. It is safe to receive both flu and Covid-19 vaccines on the same day.

Source: [COVID-19 vaccines: Canadian Immunization Guide - Canada.ca](#)

[Influenza vaccines: Canadian Immunization Guide - Canada.ca](#)

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHEN CAN I RECEIVE MY FLU AND COVID-19 VACCINE?

WILL THE FLU AND COVID-19 VACCINE PREVENT ME FROM GETTING THE FLU AND COVID-19?

WHY DO I NEED TO RECEIVE THE FLU AND COVID-19 VACCINE THIS FALL?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>