



Influenza (flu) season

Last updated: **October 20, 2025**

Notifications with a booking for influenza and COVID-19 immunizations are going out from October 7, 2025, and into November to everyone 6 months and older that is registered in the Get Vaccinated system.

Immunization appointments start with those at highest risk of severe illness.

[Learn more about fall immunizations from the Government of British Columbia.](#)

Influenza, commonly known as the flu, is an infection of the respiratory system caused by the influenza A and B viruses. Every year, influenza spreads in our communities, generally in the late fall and winter months.

Registration with the [Get Vaccinated](#) system ensures timely notifications for influenza immunizations. If you have already registered, you will be notified when you are eligible to book your next influenza appointment. If not, you can register yourself or a family member (such as a parent, grandparent or child) using your Personal Health Number. Please note registration is only required once. To learn more, visit [Influenza vaccine \(flu vaccine\) \(Government of British Columbia\)](#).

Influenza symptoms

The severity of an influenza infection can vary from mild to severe. Getting sick from influenza can put you at risk of severe disease and its complications, including getting sick with other infections. These include viral or bacterial pneumonia, which affects the lungs. The risk of complications can be life-threatening.

The symptoms of influenza can be similar to other respiratory illnesses including the common cold and COVID-19. If you are sick, stay home until your fever is gone to help prevent the spread of the influenza and other respiratory illnesses. Avoid close contact with other people until you feel well enough to get back to your usual day-to-day activities. If you are unable to avoid close contact with others, take other preventative measures such as wearing a mask in indoor spaces, and cleaning your hands regularly.

Understanding seasonal influenza can help prevent you and your family from becoming sick. To learn about influenza, how to prevent it, what the symptoms are, what the home treatments are and more, visit [Facts about Influenza \(flu\) \(HealthLinkBC File #12b\)](#).

Who should get an influenza vaccine?

The influenza vaccine is recommended and free for everyone 6 months of age and older. The vaccine is strongly recommended for people who are at high risk of serious illness from influenza (such as young children, pregnant women, seniors 65 years and older, and people with certain medical conditions) and those able to transmit or spread influenza to those at high risk.

Getting immunized against influenza

Influenza vaccines are a safe and effective way to help people stay healthy, prevent illness and even save lives.

You can get the vaccine from public health units or community centres, nursing stations, some doctor's or nurse practitioner's offices, travel health clinics and pharmacies. Pharmacists can immunize people 4 years of age and older with injectable vaccines and 2 years and older with nasal spray influenza vaccine.

To learn about influenza immunizations, visit:

- [Inactivated influenza \(flu\) vaccine \(HealthLinkBC File #12d\)](#)
- [Influenza \(flu\) immunization: Myths and facts \(HealthLinkBC File #12c\)](#)
- [Live attenuated influenza \(flu\) vaccine \(HealthLinkBC File #12e\)](#)
- [Why seniors should get the inactivated influenza \(flu\) vaccine \(HealthLinkBC File #12a\)](#)

Useful resources

Government of British Columbia

It's important to get your flu vaccine to protect yourself during the fall and winter. The flu vaccine will be offered again this coming fall 2025.

BC Centre for Disease Control

BCCDC provides health promotion and prevention services, and diagnostic and treatment services to reduce communicable and chronic diseases, injuries and environmental health risks.