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# Intercare Corporate Group Inc.

*"The Heart of Excellence"*

## Infection Prevention & Control (IPC)

October 2026

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## 2026-27 Influenza Season

The 2026 - 2027 publicly funded influenza vaccines in Alberta will cover trivalent strains aligned with the [World Health Organization](#) and the [National Advisory Committee on Immunization \(NACI\)](#) recommendations for the Northern Hemisphere.

### Covered Strain Components

The 2026 - 2027 trivalent formulations protect against three (3) specific viral components (updated to match currently circulating strains):

- ✚ **One Influenza A(H1N1) virus** (e.g., an A/Victoria/4897/2022-like strain for egg-based vaccines)
- ✚ **One Influenza A(H3N2) virus** (updated to better target recent subclade viruses like H3N2 clade K)
- ✚ **One Influenza B virus** from the **B/Victoria lineage**

Note: The B/Yamagata lineage strain remains excluded from all Canadian formulations because it has not been actively detected globally since 2020.

### Influenza Immunization Program - Details in Alberta

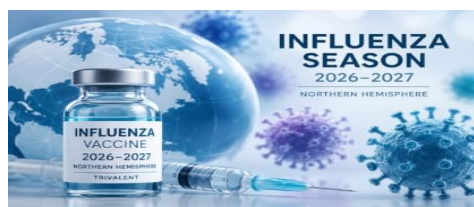
- ✚ **Start Date:** Alberta's provincially funded universal immunization program (fall outbreak season) officially begins on **October 19, 2026**.
- ✚ **Eligibility:** Influenza vaccination is free of charge for all Albertans aged six (6) months and older.
- ✚ **Providers:**
  - Intercare provides influenza vaccinations to residents, patients and staff onsite at all of its continuing care homes;
  - Pharmacies in the community make available / provide influenza vaccinations to individuals who are five (5) years of age and older;
  - Young children - aged of six (6) months to under five (5) years - should access public health clinics or designated community health centers for their influenza vaccinations.

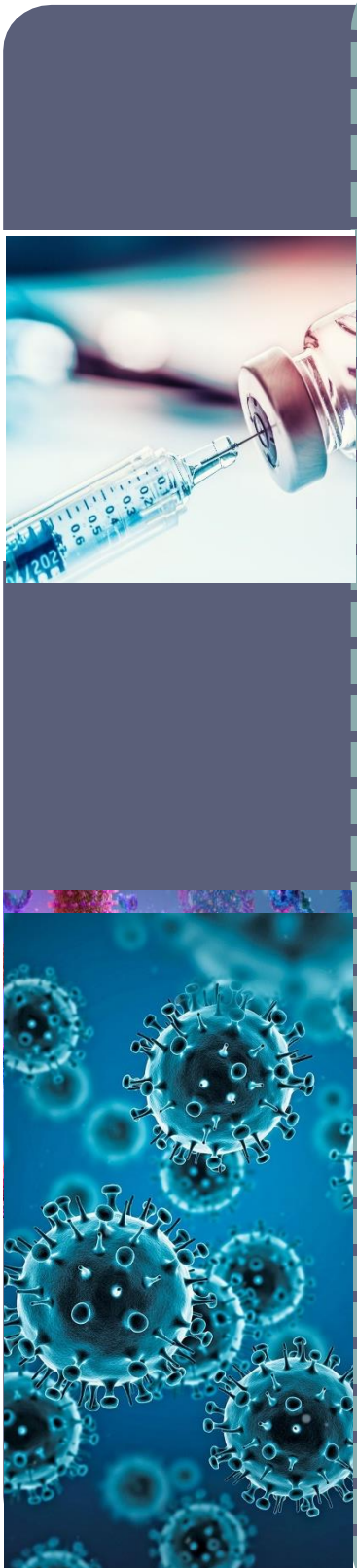
### What You Need to Know

Influenza is a respiratory illness caused by Influenza A and B viruses, with seasonal outbreaks occurring each year in Canada during the fall and winter months.

Most people recover from influenza within seven (7) to ten (10) days. However, influenza can worsen some chronic conditions and lead to serious complications, including hospitalization and death. The national goal of Canada's annual influenza immunization program is to prevent serious illness caused by influenza and its complications.

In addition to preventing influenza disease, influenza vaccination may offer broader benefits as well, such as protection against cardiovascular events in high-risk groups (e.g. heart attack and stroke protection in individuals who have cardiovascular disease).





### Symptoms & Spread

- ✦ **Common Symptoms:** Sudden fever, cough, sore throat, tiredness and muscle pain.
- ✦ **Transmission:** Spread through droplets when coughing or sneezing; or by touching contaminated surfaces.
- ✦ **Contagious Period:** Usually five (5) to seven (7) days after symptoms start (longer for children or immunocompromised individuals).

### High-Risk Groups

- ✦ Adults aged sixty-five (65) and older.
- ✦ Children under five (5) years of age (particularly children under two (2) years of age).
- ✦ Individuals who are pregnant.
- ✦ People with chronic health conditions (e.g. cardiac, pulmonary, diabetes or immune-compromising conditions).
- ✦ Indigenous communities.

### Prevention & Vaccination

- ✦ **Annual Influenza Vaccination:** Recommended for everyone aged six (6) months and older. (See reference link: [Government of Canada Influenza Guidance](#))
- ✦ Because protection from the influenza vaccine decreases over time and the strains of the virus that circulate can change from year to year, the **seasonal influenza vaccine** is needed every year.
- ✦ **Everyday Infection Prevention Habits:** Wash hands often; wear a mask if needed; and stay home until fever-free for a twenty-four (24) hour period without medication.

## Intercare's Influenza Policy Staff, Students & Volunteers

As a condition of employment, all Intercare employees hired on or after May 1, 1993 are required to receive the annual influenza vaccination unless they provide proof of medical exemption from their physician. (Employees hired prior to May 1, 1993 are strongly encouraged to receive the annual influenza vaccination.)

In addition to staff, volunteers and practicum students are also required to receive the annual Influenza vaccination.

As previously noted on page 1, influenza vaccinations are offered / provided to all staff at Intercare's continuing care homes.

## Resident Vaccination Policies

Intercare supports the Assisted Living Alberta (ALA) and Alberta Health Services (AHA) recommendations for Influenza vaccination for all individuals residing in continuing care homes to reduce severe illness, hospitalization and mortality.

In addition to the influenza vaccination, Intercare also recommends and offers the following vaccinations to all residents who live in Intercare's continuing care homes:

- ✦ Covid-19;
- ✦ Respiratory Syncytial Virus (RSV); and
- ✦ Pneumococcal.

