

# INFLUENZA

## PREVENTION IN PEOPLE WITH **ASTHMA**

Influenza is a highly contagious respiratory infection.

### INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

### INFLUENZA

is associated with increased risk of complications and hospitalization for people with asthma.



### THE NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION (NACI) RECOMMENDS INFLUENZA IMMUNIZATION FOR INDIVIDUALS WITH:

#### 1 NON-SEVERE ASTHMA

Can receive a live attenuated influenza vaccine or an inactivated vaccine

#### 2 SEVERE ASTHMA\*

Can receive an inactivated influenza vaccine

\*defined as currently taking oral or high-dose inhaled corticosteroids

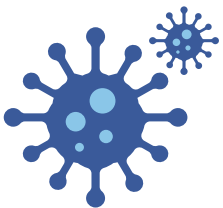
#### 3 ACTIVE WHEEZING

Can receive an inactivated influenza vaccine

#### 4 MEDICALLY ATTENDED WHEEZING

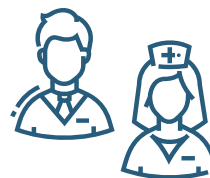
Those with medically attended wheezing in the 7 days prior to vaccination can receive an inactivated influenza vaccine

All individuals at risk of spreading influenza to people living with asthma are recommended to receive the influenza vaccine. This includes household contacts, health care providers and those who provide essential community services.



### New strains of influenza appear every year.

Annual immunization is an effective way to prevent influenza and its complications.



Talk to your doctor, nurse, pharmacist or local public health office about getting immunized against influenza.

#### Reference:

National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2020-2021. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2020-2021.html>