Influenza is a highly contagious respiratory infection. New strains of influenza appear every year. Annual immunization is an effective way to prevent influenza and its complications. 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.

Reference: