THE STORY OF INFLUENZA

Influenza is a contagious respiratory illness caused by influenza viruses.

Influenza type A and B cause the majority of influenza illness in humans





Healthy people can spread influenza before showing any signs of illness Transmission occurs through close contact with others and contact with contaminated surfaces



Young children <59 months of age, pregnant women, Indigenous peoples, adults >65 years of age, and people with medical conditions are most vulnerable



Symptoms are often confused with influenza-like illnesses like the common cold



Complications such as pneumonia may lead to hospitalization or even death

An average 12,200 hospitalizations and approximately

3,500 deaths are attributed to influenza annually in Canada

The National Advisory Committee on Immunization (NACI) recommends all Canadians 6 months of age and older be immunized against influenza.

- New strains of influenza appear every year. This is why immunization is required annually.
- Influenza vaccines CANNOT give you influenza.
- Influenza vaccines are SAFE and REDUCE the spread of influenza viruses.



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



