

# INFLUENZA

## PREVENTION IN ADULTS

Influenza ("flu") is a highly contagious respiratory infection

### INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

### IT CAN BE SERIOUS FOR SOME ADULTS

At greatest risk of influenza-related complications are adults:



65 years and older



who are pregnant



with a chronic illness



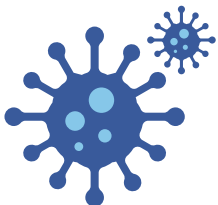
who are Indigenous



residing in nursing homes and other chronic-care facilities

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

- ① 65 years of age and older
- ② at high risk of influenza-related complications or hospitalization, including: heart or lung illness (e.g., asthma), diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions and morbid obesity
- ③ residing in nursing homes and other chronic-care facilities
- ④ who are pregnant
- ⑤ who are Indigenous
- ⑥ who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people 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 2021-2022. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2021-2022.html>