

The Story of Influenza

Influenza (“flu”) is a contagious respiratory illness caused by influenza viruses.

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

Transmission occurs through close contact with others and contact with contaminated surfaces.



Healthy people can spread influenza before showing any signs of illness.

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

Young children < 59 months of age, pregnant persons, Indigenous peoples, adults > 65 years of age, residents of nursing homes or other chronic-care facilities, and people with medical conditions are most vulnerable.



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.

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.

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

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

