

Influenza Prevention in People With Asthma

Influenza (“flu”) is a highly contagious respiratory infection.

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



INFLUENZA SPREADS THROUGH:

- close contact with others
- contact with contaminated surfaces



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). Statement on Seasonal Influenza Vaccine for 2023-2024.

<https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccine-2023-2024.html>