Influenza Facts
True or False Quiz Answer Sheet

1 | Over 1 billion dollars of lost productivity each year in Canada is caused by Influenza.
   True  | About 1.5 million workdays are lost each year and the estimated cost to the Canadian system in terms of health-care costs and lost productivity is a cool $1 billion.

2 | On average, healthy adults who get influenza are only off work for a day or two.
   False | In healthy adults illness is usually self-limited, with fever, cough, muscle pain (myalgia), headache and other symptoms abating in 3 to 6 days, although 3 to 4 work days may be lost and up to 34% of patients will visit a health care provider.
   References:

3 | Influenza can cause heart attacks.
   True | It can cause heart failure and myocarditis (inflammation of the heart muscle)
doi:

4 | Among adults in Canada over the age of 55, respiratory system diseases (including influenza) are the third largest leading causes of death and hospitalization.
5 | The most common respiratory complications of influenza are:

- Primary viral pneumonia: True
- Secondary bacterial pneumonia: True
- A cold: False
- Combined viral-bacterial pneumonia: True
- Exacerbation of chronic obstructive pulmonary disease (COPD): True
- Gastroenteritis (commonly called the stomach flu): False


6 | Influenza is known to make other diseases worse. The most common non-respiratory complications of influenza are:

- Heart failure: True
- Myocarditis (inflammation of the heart muscle): True
- Encephalitis (acute inflammation of the brain): True
- Malaria: False
- Rheumatoid arthritis: False
- Reye’s syndrome (potentially fatal disease affecting many organs, primarily the brain and liver): True
- Electocardiographic (ECG) abnormalities: True
- Poor diabetes control: True


7 | Immunization against influenza has substantial health-related and economic benefits for healthy, working adults.

True


8 | Influenza immunization reduces the risks for pneumonia, hospitalization, and death in elderly persons.

True

Reference: The Efficacy of Influenza Vaccine in Elderly Persons A Meta-Analysis and Review of the Literature Peter A. Gross, MD; Alicia W. Hermogenes, MD; Henry S. Sacks, MD, PhD; Joseph Lau, MD; and Roland A. Levandowski, MD. Annals of Internal Medicine, October 18, 2011, 155 (8).
Influenza immunization is **least** effective in younger, healthier individuals.

**False**

Influenza immunization is **MOST** effective in younger, healthier individuals. (1) Influenza immunization is only 50% to 60% effective in high risk individuals. (2)

References:


Healthcare personnel, with or without symptoms (such as cough or fever), can give the influenza virus to their patients.

**True**


Immunizing healthcare personnel has been shown to:

- Decrease their work time lost **True**
- Decrease illness and death in the patients they care for **True**