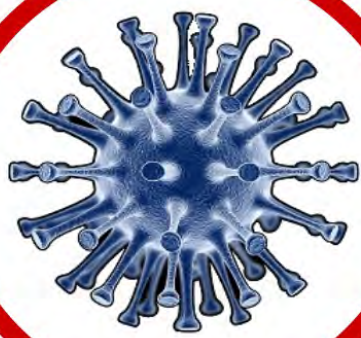


# THE STORY OF INFLUENZA

**Influenza is a contagious respiratory illness caused by influenza viruses**

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

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



Healthy people can spread influenza before showing any signs of illness

An estimated **10-20%** of Canadians are infected with influenza each year

Young children, adults **>65** years of age, and people with medical conditions are most vulnerable



Complications such as pneumonia may lead to hospitalization or even death

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

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 for influenza

Prevention is possible!



**BUT** new strains of influenza appear every year

This is why influenza immunization is required every year

**i**

Influenza vaccines **CANNOT** give you influenza

Influenza vaccines are **SAFE** and **EFFECTIVE**



Talk with your doctor, nurse, pharmacist or local public health unit about influenza immunization

## Reference:

<sup>1</sup> National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2015-2016. <http://www.phac-aspc.gc.ca/naci-ccni/flu-2015-grippe-eng.php>



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