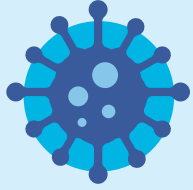


THE STORY OF INFLUENZA

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



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



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



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

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

- 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.



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