

# Influenza Prevention

## in Adults

Influenza (flu) is a highly contagious respiratory infection.

### Influenza spreads through:



- close contact with others (e.g., coughing or sneezing next to someone)
- contact with contaminated surfaces

### Influenza immunization is recommended for adults:

1. 65 years of age and older
2. with chronic health conditions, including: heart or lung illness (e.g., asthma), diabetes, cancer, immune-compromising conditions, kidney disease, anemia, neurologic conditions and Class 3 obesity
3. residing in nursing homes and other chronic-care facilities
4. who are pregnant
5. who are in or from First Nations, Inuit, or Métis communities – as a result of intersecting determinants of health rooted in historic and ongoing colonization and systemic racism
6. who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people who provide essential community services



### It can be serious for some adults

The risk of severe influenza infection is greater among adults:



- 65 years and older
- who are pregnant
- who have a chronic illness
- residing in nursing homes and other chronic-care facilities

### New strains of influenza appear every year.

Getting your annual influenza vaccine (flu shot) is safe and the most effective way to help prevent influenza infection.

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

