

Question: I'm a healthy 44-year-old RN. I eat well, exercise and take good care of myself. I don't like the idea of an unnecessary injection. Why should I bother with the flu shot?

Answer: Even if you are healthy and practise healthy behaviours, you may be infected with influenza without knowing it. That means you could unwittingly pass the virus along to your co-workers, patients – or others like your baby, your diabetic friend or your elderly grandmother. You put others around you at risk of contracting influenza and its complications by not getting a flu shot. The influenza vaccine is safe and effective, and provides 70%- 90% protection against circulating strains. The strains change every year and the protection usually lasts up to one year. This year is especially unique, as all three strains in the vaccine are different from those of the 2007/2008 flu season.

Going to get a quick “shot in the arm” may prevent you from spending days in bed with a cough, fever, chills, sore throat, headache, muscle aches and fatigue, and from passing the virus to others. So, taking a few minutes from your day to protect yourself and those you care for and about is certainly time well spent!



References:

Ontario Ministry of Health and Long-Term Care. Workplace.
Online at <http://www.gettheflushot.ca/workplace/faq.html>

CBC News in Depth. Flu. Misconceptions about the flu.
February 23, 2007.

Online at <http://www.cbc.ca/news/background/flu/misconceptions.html>

For more information, go to immunize.ca

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