

Protect yourself and others from the flu

What healthcare professionals need to know about influenza vaccination.



INFLUENZA IS A SERIOUS DISEASE.

It is estimated that in a given year up to 20,000 hospitalizations related to influenza may occur and approximately 4,000 Canadians die annually from influenza and its complications.

YOU NEED TO BE VACCINATED EVERY YEAR.

Healthy adults can shed the influenza virus and transmit influenza before they develop symptoms. Influenza vaccination of healthcare professionals reduces influenza-associated morbidity and mortality among groups in which the vaccine is contraindicated or have a poor immunogenic response to the vaccine. Healthcare professionals who get vaccinated also reduce staff absenteeism as well as lower the risk of nosocomial influenza cases.

THE INFLUENZA VACCINE CANNOT GIVE YOU INFLUENZA.

Influenza vaccines cannot cause influenza because the viruses in the vaccines are either killed (trivalent inactivated influenza vaccine) or weakened (live attenuated influenza vaccine).

THE INFLUENZA VACCINE IS SAFE.

The seasonal influenza vaccine has been administered routinely in Canada since 1946. Most people who receive the vaccine have either no side effects or mild effects such as soreness, redness or swelling at the injection site. Serious reactions are extremely rare.

THE INFLUENZA VACCINE IS EFFECTIVE.

In Canada, the influenza vaccine protects against three strains of influenza viruses that health experts anticipate will be circulating during the influenza season. Multiple studies have shown the influenza vaccine to be efficacious depending on the age and health status of the individual receiving the vaccine, and the match with circulating influenza strains. The seasonal influenza vaccine is safe and the most effective way of preventing the spread of influenza.

For more information, visit fightflu.ca and immunize.ca



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