

Protect yourself and others from the **FLU**

Influenza, or the flu, is a highly contagious and infectious respiratory disease.



- ✓ **Get your annual flu shot**
- ✓ **Wash your hands frequently with soap and warm water**
- ✓ **Keep your hands away from your face**
- ✓ **Cough and sneeze into your arm, not your hand**
- ✓ **If you get sick, stay home until your symptoms are gone**
- ✓ **Keep common surface areas clean and disinfected**

PEOPLE AT RISK OF COMPLICATIONS

The following groups are not more likely to get the flu. However, they are more at risk of developing complications if they do get sick:

1. Children under 5 years of age
2. Women who are pregnant
3. People with chronic conditions such as:
 - Heart disease
 - Liver disease
 - Kidney disease
 - Blood disorders
 - Diabetes
 - Severe obesity
 - Asthma and chronic lung disease
 - Neurological disorders
 - Cancer or immune-compromising conditions
4. Aboriginal people
5. People 65 years of age and older
6. People who are residents of nursing homes or other chronic care facilities

IMPORTANT If you have flu symptoms and you have one of these risk factors, contact a health care provider as soon as possible — antiviral medications may be needed.



IS IT A COLD OR THE FLU?

SYMPTOM	COLD	FLU (INFLUENZA)
fever	rare	usual high fever (102°F/39°C to 104°F/40°C) – sudden onset, lasts 3-4 days
headache	rare	usual – can be severe
general aches and pains	sometimes, mild	usual – often severe
fatigue and weakness	sometimes, mild	usual, severe, may last 2-3 weeks or more
extreme fatigue	unusual	usual early onset – can be severe
runny, stuffy nose	common	common
sneezing	common	sometimes
sore throat	common	common
chest discomfort, coughing	sometimes, mild to moderate	usual – can be severe
COMPLICATIONS	can lead to sinus congestion or earache	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening

SEVERITY INDICATORS

If you develop the following symptoms, you need to see a health care provider right away:

- Shortness of breath, rapid breathing or difficulty breathing
- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

Additional symptoms to watch for in children:

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held

To find out more, visit fightflu.ca and immunize.ca