

# KNOW THE FLU FACTS

## THE FLU CAN BE A SERIOUS DISEASE.

- + The flu is very contagious and can spread **quickly** and **easily**.
- + Before you even know you are sick, you can **pass the flu on to others**.
- + The **flu can affect anyone**, including those who are healthy, but people at **higher risk of serious complications** are:
  - > *young children,*
  - > *adults aged 65 and over,*
  - > *pregnant women, and*
  - > *those living with a chronic health condition.*
- + In Canada, an average of **12,200 hospitalizations and 3,500 deaths** related to the flu occur each year\*.

## YOU NEED TO GET VACCINATED EVERY YEAR.

- + **Flu viruses** change each year. Experts create a **new vaccine** to protect you **each flu season**.

## YOU CAN'T GET THE FLU FROM THE FLU VACCINE.

- + The viruses in the **flu vaccine** are either killed or weakened and **cannot give you the flu**.

## THE FLU VACCINE IS SAFE.

- + **The flu vaccine** has **benefited millions** of Canadians since 1946.
- + Most people don't have reactions to the **flu vaccine**; those who do may have soreness, redness or swelling at the injection site.
- + **Severe reactions** to the vaccine are **extremely rare**.

## EVERYBODY WINS WHEN YOU GET VACCINATED.

- + By getting the **flu vaccine**, you **protect yourself and others** because you are less likely to spread the flu.
- + It's a **simple action** that can **save lives**.

\* An Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI), Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2016–2017

TO LEARN MORE AND TO FIND OUT WHERE TO GET YOUR FLU VACCINE, VISIT [CANADA.CA/FLU](http://CANADA.CA/FLU)

