



5 FACTS ABOUT THE FLU

1 THE FLU IS MUCH WORSE THAN A BAD COLD

Commonly known as the flu, influenza is an infection in the airways caused by the influenza virus. The flu is easily caught and spread. Influenza symptoms are far more serious than cold symptoms.

SYMPTOM	COLD	INFLUENZA
FEVER	Rare	Usual, high fever (102°F/39°C - 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 become 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





2 IMMUNIZATION IS THE MOST EFFECTIVE PREVENTION

The National Advisory Committee on Immunization recommends the flu vaccine for all segments of the population. Vaccination reduces the seriousness of the disease should you contract it and is the only preventative measure that has been proven to reduce the rates of flu-related deaths.

3 PROTECTING YOURSELF PROTECTS OTHERS

As people get vaccinated, the influenza virus has less chance to multiply and circulate. If you don't get the flu, you cannot spread it to people around you, benefiting those who may be at risk of severe complications from influenza, such as the elderly or people with weakened immune systems.

4 FOR SOME PEOPLE, IMMUNIZATION IS ESPECIALLY IMPORTANT

Including:

- Anyone with chronic heart or lung disease, such as asthma or cystic fibrosis
- Anyone with diabetes or another metabolic disease, cancer, kidney disease, a blood disorder, or a weakened immune system
- Anyone who is 65 or older
- Anyone who lives, works or volunteers in a nursing home, chronic care facility, retirement home or other health care setting
- Emergency service workers including fire, police and ambulance staff
- Anyone travelling to places where the flu virus is likely circulating
- Anyone who lives in the same household or is in contact with people at risk, such as those mentioned above
- Healthy children aged 6–23 months

5 NEW FLU STRAINS MEAN A NEW VACCINE EACH YEAR

The flu vaccines produced each year are different, created with the flu strains predicted to be the most troublesome that year. You need to receive a new flu shot or nasal spray each year to be protected against the current strains.

