

WHAT IS INFLUENZA?

Influenza (flu) is a viral infection that targets your respiratory system (nose, throat and lungs)

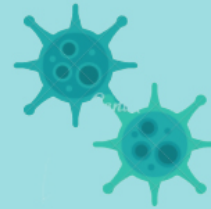


Influenza infection causes 12,200 hospitalizations and 3,500 deaths every year

Save healthcare resources for patients with COVID-19 and other illnesses.

SYMPTOMS

- fever
- chills
- cough
- sore throat
- runny or stuffy nose
- muscle aches
- fatigue



IF YOU GET SICK

- Limit contact with others
- Avoid sharing personal items
- Wash your hands frequently

HOW

influenza spreads?

- Through sneezing and coughing
- Touching contaminated surfaces
- Not washing your hands



PREVENTION

- Get vaccinated
- Wash your hands often with soap or hand sanitizer
- Avoid touching your face
- Sneeze or cough into your elbow

THE INFLUENZA VACCINE

Influenza vaccine protects against infection from the influenza viruses.

Who should get the vaccine?

Everyone older than 6 months especially:

- **Older adults (65+)**
- People with underlying health conditions

When and where to get the vaccine?

- Important to receive the influenza vaccine yearly as the virus keeps changing
- Available (Oct-Jan) at participating clinics and pharmacies

EMERGING VIRUSES

An emerging virus is a virus that is appearing for the first time, and may not have existed previously

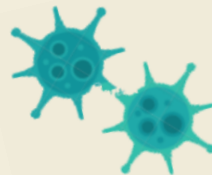
Can be dangerous due to:

- lack of exposure
- community spread
- lack of known treatment

Examples: COVID-19 or SARS

There are many unknowns - follow prevention measures from public health leaders.

It is important to get the vaccine when available.



INFLUENZA “THE FLU”



STOP THE SPREAD

UNB/Humber College
In collaboration with
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