



## National Infection Control Week 2015

# Influenza Season

- Influenza is a serious, contagious respiratory infection caused by influenza A and B viruses and easily spread through coughing, sneezing, and direct contact with nose and throat secretions
- Protect yourself by:
  - Washing hands frequently
  - Coughing/sneezing into a tissue
  - Cleaning surfaces often
  - Staying home when you're sick
  - Getting a flu vaccine



Many people choose not to have the influenza vaccine because of myths they believe about the disease or the vaccine.

**Myth:** *Influenza is a minor illness.*

**Truth:** Influenza and its complications causes on average 12,200 hospitalizations and 3,500 deaths each year in Canada.

**Myth:** *The vaccine causes the flu.*

**Truth:** You can't get the flu by getting a flu shot. The flu shot is made of killed virus and therefore cannot cause the flu. The weakened viruses in the flu nasal spray vaccine can cause symptoms similar to a cold, but they can't cause the flu.

**Myth:** *The vaccine causes unpleasant side effects.*

**Truth:** The vaccine causes no side effects in most people. Earlier vaccines did have unpleasant side effects, but this is rare now.

**Myth:** *The vaccine is ineffective because some people get a flu-like illness after getting a flu vaccine.*

**Truth:** Although getting the vaccine prevents most people from becoming ill with the flu, some people still become infected. This may occur because a person is exposed to the virus before getting a vaccination or before it has taken effect, or because the vaccine does not match the circulating virus closely enough. A mild illness similar to a cold also can be caused by the live, weakened viruses in the influenza nasal spray vaccine. But any illness is usually milder than it would be without having had the vaccine.

### FLU CLINICS

AHA: Call: 306-439-2200

KYHR:

[http://www.kyrha.ca/News/Flu\\_Shot\\_Clinics\\_Oct\\_Nov\\_2015\\_KYRHA.pdf](http://www.kyrha.ca/News/Flu_Shot_Clinics_Oct_Nov_2015_KYRHA.pdf)

MCRHR:

[http://www.mcrhealth.ca/media/files/Influenza\\_Clinics\\_MCRHR.pdf](http://www.mcrhealth.ca/media/files/Influenza_Clinics_MCRHR.pdf)

### For More Information Check Out:

Health Canada:

<http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/index-eng.php>

Government of Saskatchewan:

<http://www.saskatchewan.ca/residents/health/diseases-and-conditions/influenza>

Get your flu shot early  
as it takes 2-3 weeks to  
fully take effect!

Population Health Unit  
Infection Control: 306-425-8522