

FLU

What you
Need to Know

WHAT IT IS¹

Influenza is an infection of the nose, throat and lungs.



It can cause serious health complications, especially for the elderly and young children.



FLU SYMPTOMS

Fever



Body Aches



Headache



Chills



HOW IT SPREADS

When an infected person coughs or sneezes & you inhale the droplets.



When you touch a surface, then touch your nose, eyes or mouth.



PREVENTION



Cover a cough or sneeze with a tissue.



Wash hands often with soap and water.



Avoid touching your eyes, nose and mouth.



Keep surfaces clean.

FLU SEASON USUALLY RUNS
FROM NOVEMBER TO APRIL



YOU CAN SPREAD THE FLU UP TO
24 HOURS BEFORE
YOUR SYMPTOMS START².

EVERY YEAR, **10 TO 20%**
CANADIANS GET SICK WITH THE FLU³

FLU PROPORTION BY AGE GROUP
CUMULATED NUMBERS OF POSITIVE INFLUENZA (A & B) 2012-2013⁴

- 14%** 0-4 yrs
- 10%** 5-19 yrs
- 16%** 20-44 yrs
- 17%** 45-65 yrs
- 44%** 65+ yrs



¹About the flu - http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/about-a_propos-eng.php

²Flu (influenza). <http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/resources-ressources/infographic-infographie-eng.php>

³Health Professionals. <http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/professionals-professionnels-eng.php>

⁴Statement on Seasonal Influenza Vaccine for 2013-2014. P.8 <http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/13vol39/acs-dcc-4/assets/pdf/13vol39-acs-dcc4-eng.pdf>