

Know the Flu Facts



1 The Flu can be a serious disease.

- **Flu** is very contagious and can spread **quickly** and **easily**.
- You can pass the flu on to others who may be at **risk of serious complications**, before you even know you are sick.
- The **flu** is responsible for about 12,200 hospitalizations and 3,500 deaths per year* and **can affect everyone**, including those who are healthy.



2 You need to get vaccinated every year.

- The **effects** of the **flu vaccine** can **wear off**, so you need to get a **new one every year** to stay protected.
- **Flu viruses change** each year. Experts create a **new vaccine** to protect you **each flu season**.

3 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**.

4 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**.

5 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**.



* National Advisory Committee on Immunization. Statement on Seasonal Influenza Vaccine for 2015–2016.

To find out where to get your flu vaccine or to learn more about the ImmunizeCA app, visit Canada.ca/flu



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vaccinations