

# InFLUenza

# PREVENTION IN ADULTS

Influenza is a highly contagious respiratory infection.

## Influenza spreads through:

- i close contact with others
- i contact with contaminated surfaces



## Influenza can be serious for some adults.

At greatest risk of influenza-related complications are adults:



1. 65 years and older



2. with a chronic illness



3. who are pregnant



4. who are Aboriginal



5. residing in nursing homes and other chronic-care facilities

## The National Advisory Committee on Immunization (NACI) recommends influenza immunization for adults:



1. 65 years of age and older
2. at high risk of influenza-related complications or hospitalization, including: heart or lung illness (e.g., asthma), diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions and morbid obesity
3. residing in nursing homes and other chronic-care facilities
4. who are pregnant
5. Aboriginal People
6. who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people who provide essential community services

New strains of influenza appear every year.  
**Annual immunization is an effective way to prevent  
influenza and its complications.**

**Talk to your doctor, nurse, pharmacist or  
local public health office about getting  
immunized against influenza.**

### References:

Canadian Immunization Guide (CIG). (2016). Immunization of Specific Populations - Immunization of Adults.  
Available: <http://www.phac-aspc.gc.ca/publicat/cig-gci/p03-02-eng.php>

National Advisory Committee on Immunization (NACI). (2016). Canadian Immunization Guide Chapter on Influenza and  
Statement on Seasonal Influenza Vaccine for 2016-2017.  
Available: <http://www.phac-aspc.gc.ca/naci-ccni/flu-2016-grippe-eng.php#111>