

# 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<sup>1</sup> 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.<sup>2</sup>
- **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**.



1 According to the National Advisory Committee on Immunization's Statement on Seasonal Influenza Vaccine for 2014–2015, it is estimated that in a given year, an average of 12,200 hospitalizations related to influenza, and approximately 3,500 deaths attributable to influenza occur annually.

2 Centers for Disease Control and Prevention. Key Facts About Seasonal Flu Vaccine, [www.cdc.gov/flu/protect/keyfacts.htm](http://www.cdc.gov/flu/protect/keyfacts.htm)

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



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