

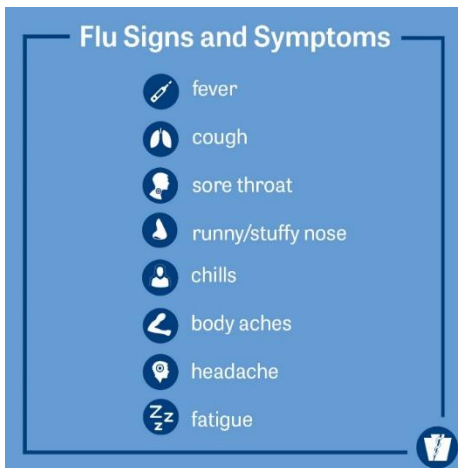
Influenza (Flu)

- Influenza (Flu) is an infection of the respiratory system caused by the influenza virus.
- In Canada, it is estimated that influenza is the cause for 12,200 hospitalizations and 3,500 deaths each year.
- On average, influenza season runs from November to March of each year in Canada.



Influenza Symptoms

Influenza symptoms can vary from person to person. Some people may be mildly ill while others may be very sick. Influenza (flu) symptoms appear one to four days after exposure to the virus.



Some people (especially children) may also have diarrhea, nausea, and vomiting.

People infected with the flu virus can spread it to others beginning one day before the first symptoms appear until approximately five days after the first symptoms have appeared.

If you are sick, stay home from work or class to help prevent the spread of the flu or other contagious illnesses. Avoid close contact with other people until you feel well enough to get back to your usual day-to-day activities.

This is especially important for people who have higher chances of developing complications from the flu. Most people recover from the flu in seven to ten days.

Influenza Vaccine (Flu shot)

Getting your flu shot can save lives by protecting you should you be exposed to the virus, prevent you from becoming very ill, and protecting people close to you who are at a higher risk of serious flu complications.

A new flu vaccine is produced each year based on different strains of influenza A and B. It is important to get a new flu shot every year as flu viruses can change over time and the effectiveness of the flu shot can decrease over time.



Stay protected by receiving your flu vaccine every year! Getting your flu shot is still the **most safe and effective** way to protect yourself against the flu and flu-related complications.



You CANNOT get the flu from the flu shot



Most people have NO side effects from the flu shot



Severe reactions are VERY rare

Please watch your email for the announcement of three on-campus Influenza and COVID-19 booster clinics in October hosted by Health and Safety, in partnership with Queen City Pharmacy.