

DID YOU KNOW ?



- Flu is ranked among the top 10 leading causes of death in Canada
- Each year in Canada, it is estimated that flu causes 12,200 hospital stays almost
- People 65 and older account for two-thirds of hospitalizations and 80 per cent of the deaths directly related to flu infections
- Flu is highly contagious; it can be passed to someone else even before symptoms appear
- Young children and those with weakened immune systems may be infectious longer than the typical 5-7 days after getting sick

SOURCE: Public Health Agency of Canada's FluWatch Report

Flu and Workplace Productivity

- Flu has been estimated to cost our economy a half billion dollars on an annual basis due to lost-work time
- It is estimated that between 10 and 20% of the Canadian population is infected by the flu each year which translates to approximately 7.5 million workdays lost annually in Canada

SOURCE: Canadian Healthcare Influenza Immunization Network

HOW IS FLU SPREAD?

If you have the virus, you can spread it to others by:

- sneezing
- coughing
- talking

These actions release tiny droplets containing the flu virus into the air.

Infection can also happen if you touch your nose, eyes or mouth after touching objects contaminated by infected droplets. Common contaminated objects include:

- doorknobs
- phones
- television remotes
- someone's hands

You can become infected if these droplets land on your:

- nose
- mouth
- eyes



SOURCES: Government of Canada, Workforce Compliance Safety Ltd., Canadian Healthcare Influenza Immunization Network

IS IT A COLD OR FLU?

SYMPTOM	COLD	FLU (INFLUENZA)
Fever	Rare	Usual, high fever (102°/39°C to 104°F/40°C): sudden onset, lasts 3-4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Tired and weak	Sometimes, mild	Usual, may last 2-3 weeks or more
Extreme Fatigue	Unusual	Usual, early onset
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore Throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can be severe
Complications	Sinus congestion or earache	Pneumonia/respiratory failure; chronic respiratory condition; life-threatening

HOW TO PREVENT FLU

According to the Government of Canada, to prevent flu you should:

- ✓ get the flu shot early and every year
- ✓ wash your hands frequently
- ✓ avoid touching your nose, mouth or eyes with your hands
- ✓ clean/disinfect objects and surfaces that many people touch
- ✓ get plenty of rest or sleep
- ✓ eat healthy foods and be active to keep your immune system strong



IF YOU DO BECOME ILL WITH FLU

- get sufficient rest
- drink plenty of fluids
- take over the counter medicine to reduce any fever or aches
- see a health care provider if you are at high risk for flu-related complications or are sick enough to need hospital care
- stay at home to prevent spreading the virus
- cough and sneeze into a tissue or the bend of your arm, not into your hand