

# INFLUENZA

## PREVENTION IN PEOPLE WITH LUNG CONDITIONS

Influenza is a highly contagious respiratory infection

### INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

### INFLUENZA

is associated with increased risk of complications and hospitalization for people with lung conditions



THE NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION (NACI) RECOMMENDS INFLUENZA IMMUNIZATION FOR INDIVIDUALS WITH LUNG CONDITIONS, INCLUDING:

ASTHMA

COPD

CYSTIC FIBROSIS

PULMONARY HYPERTENSION

People at **high-risk** of influenza-related complications or hospitalization also include:

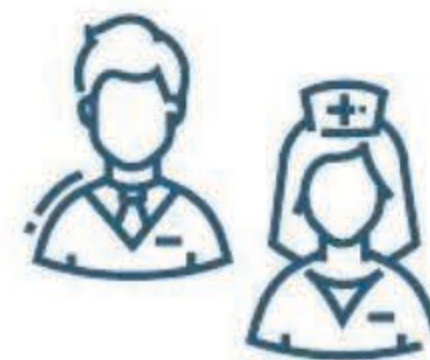
- People of any age who are residents of nursing homes and other chronic care facilities;
- Adults 65 years of age and older; All children 6–59 months of age;
- and Indigenous peoples.

This includes household contacts, health care providers and those 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.

#### Reference:

National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2019-2020. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadianimmunization-guide-statement-seasonal-influenzavaccine-2019-2020.html>