

- Influenza 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

COVID-19 and influenza can have similar symptoms and will vary from person to person. Some people may get mildly ill while others may get very sick.

Flu symptoms appear one to four days after exposure to the virus and usually include the sudden onset of:

- fever
- cough
- muscle aches and pain

Other common symptoms may include:

- headache
- chills
- fatigue (tiredness)
- loss of appetite
- sore throat
- runny or stuffy nose



FEVER



ACHES



CHILLS

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.

Similarities between the Symptoms of the Flu and COVID-19

The flu and COVID-19 are different viruses, however both are very contagious and have similar symptoms. You can only confirm if you have the flu or COVID-19 with a COVID-19 test.

If you do get sick, stay home and away from work or class to help prevent the spread of the flu or potentially COVID-19. 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)

This year it is more important than ever for everyone six months and older to get the flu shot. This will help prevent the flu and flu-related complications. Preventing the flu will also help reduce stress on the health care system during the COVID-19 pandemic.

Getting your flu shot can save lives by:

- protecting you, if you're exposed to the virus;
- preventing you from becoming very ill;
- protecting people close to you because you will be less likely to spread the virus and to those who are at a higher risk of serious flu complications if they get the flu
- reduce the additional burden on the health care system during the COVID-19 pandemic. You also reduce your chances of being infected with COVID-19 and the flu at the same time, which could lead to more serious complications

THE FLU SHOT WILL NOT PROTECT YOU AGAINST COVID-19

You need to get a flu shot every year as a new flu vaccine is created each year to protect you during flu season. It is important that you get a new flu shot every year because the type of flu virus changes from year to year. The effectiveness of the flu shot can wear off so you need a new one every year to stay protected.

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**

Protect yourself, those you care about, and our campus community.....

GET YOUR FLU SHOT EACH YEAR

