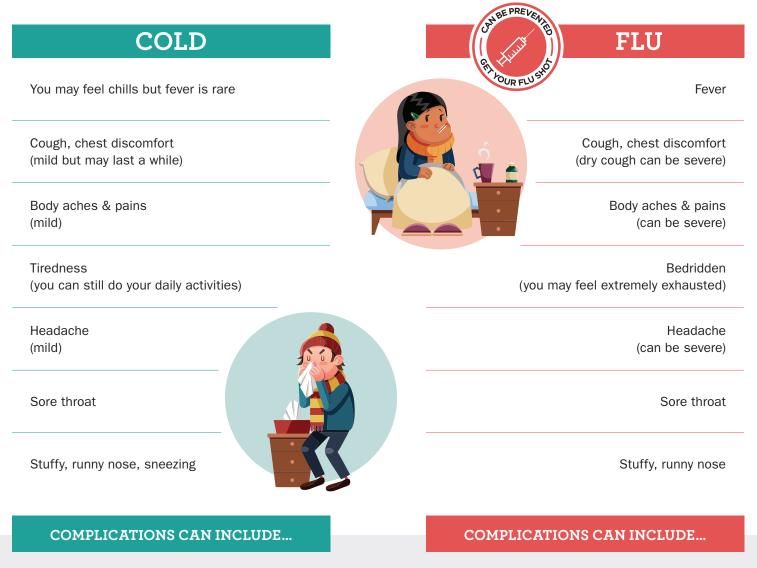
COLD OR FLU KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.



- Lung infections
- + Throat infections
- Ear infections
- + Sinus infections

- + Pre-existing health conditions getting worse (such as asthma)
- Hospitalization

+ Pneumonia

+ Death

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.

TO LEARN MORE, VISIT CANADA.CA/FLU







THE FLU CAN BE SERIOUS.

- + The flu is very contagious and can spread quickly and easily.
- + Before you even know you are sick, you can pass the flu on to others.
- In Canada, an average of 12,200 hospitalizations and 3,500 deaths related to the flu occur each year*.

THE FLU CAN AFFECT ANYONE.

- + Even healthy people can get the flu, and it can be serious.
- + People at higher risk of serious complications* are:
 - > adults aged 65 and over
 - > those living with one or more chronic health conditions
 - > those residing in nursing homes or other facilities
- YOU NEED TO GET VACCINATED EVERY YEAR.
 - + Flu viruses change each year. Experts create a new vaccine to protect you each flu season.

YOU CAN'T GET THE FLU FROM THE FLU SHOT.

+ The viruses in the flu shot are either killed or weakened and cannot give you the flu.

THE FLU SHOT IS SAFE.

- + The flu shot has benefited millions of Canadians since 1946.
- + Most people don't have reactions to the flu shot; those who do may have soreness, redness or swelling at the injection site.
- + Severe reactions to the vaccine are extremely rare.

EVERYBODY WINS WHEN YOU GET VACCINATED.

- + If you do get the flu, the flu shot may reduce the severity of your symptoms.
- + By getting the flu shot, you protect yourself and others because you are less likely to spread the flu.
- + It's a simple action that can prevent complications and save lives.

National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine.

TO LEARN MORE, VISIT CANADA.CA/FLU





- > young children
- > pregnant women
- > Indigenous peoples

