

The Impact of Flu on Adults in Canada

Who is at risk?

Children and seniors are not the only groups at risk of the potentially devastating consequences of flu.

Adults are also at risk! Almost 1 in 2 adults 50+ have a chronic condition in Canada, putting them at higher risk of flu complications.

Diabetes, cardiovascular disease and respiratory conditions are just some of the chronic diseases that can be worsened from the flu.



The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and 5-7 days after.

Diabetes



If an adult has diabetes, the flu can:

- **Heighten the risk for severe flu-related complications**
- **Impair blood glucose levels and increase risk of diabetic ketoacidosis** (a serious complication that may occur resultant of abnormal insulin activity)
- Increase the risk of hospitalization by **3x** and **admittance to the ICU by 4x**

Cardiovascular Disease



Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots.

If an adult has Cardiovascular Disease, the flu can:

- **Trigger serious cardiovascular complications** within a few days following a flu infection
- **Increase risk of heart attack 6-10x**
- **Increase risk of stroke 3-8x**

Respiratory Conditions



If an adult has a respiratory condition, the flu can:

- **Trigger asthma attacks**, worsen asthma symptoms, **which can also lead to pneumonia** and other acute respiratory diseases
- **Decrease lung function and increase susceptibility to infection**
- **Result in worsening asthma and COPD**

Flu can impact caregivers too



Even if you are not at risk for complications from flu, as a caregiver (whether that be for a loved one or as a professional), you may be in contact with those at risk.



Protecting yourself helps keep you healthy and protects your loved ones. Including those with a chronic condition or who cannot get vaccinated themselves (for medical reasons) but are at high risk.

Reducing the risk of Flu

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

NACI* recommends that any of the available influenza vaccines should be used in adults without contraindications. Inactivated influenza vaccine or recombinant influenza vaccine should be used for adults with chronic health conditions.

Types of Vaccines

There are different types of flu vaccinations available for adults in Canada**. They are as follows:



EGG-BASED STANDARD DOSE



EGG-BASED ADJUVANTED



EGG-BASED HIGH DOSE



CELL-CULTURED BASED



RECOMBINANT (PROTEIN-BASED)

****Ask your doctor for more information on these types of vaccines, and learn which is right for you.**

* National Advisory Committee on Immunization