



FLU FACT FRIDAY #1

The flu is a serious illness that can be deadly. The more informed you are, the more you'll understand the importance of getting an annual flu vaccination.

ADULTS 50+

- As adults 50 years and older age, their immune system naturally begins to decline, which increases their risk of contracting infections like the flu.
- Adults 50 years and older have medical conditions that are more frequently linked to flu complications, compared to younger adults.
- Conditions such as diabetes and cardiovascular disease increase the risk of hospitalization and heart attacks when combined with the flu.



FLU FACT FRIDAY #2

What you need to know about influenza as you age. Just because you haven't had influenza (the flu) yet, doesn't mean you won't get it this year. Make sure you have all the facts.

IF I'M HEALTHY, DO I EVEN NEED TO GET VACCINATED?

- Even healthy people can get sick enough from the flu to miss substantial time from work and impact their daily activities – some even end up hospitalized.
- Even a mild case of the flu is contagious and can be passed on to people you care about, including those most vulnerable, such as your grandchildren and those with cancer.
- In older adults, immune system function naturally declines with age, which increases their risk of contracting infections like the flu.



FLU FACT FRIDAY #3

Being immunized will help you protect yourself and prevent the spread of flu to those you care about.

PEOPLE WITH CERTAIN MEDICAL CONDITIONS

People with medical conditions including asthma, chronic lung disease, diabetes, and heart disease are considered to be at higher risk for developing flu-related complications.






The flu has the ability to worsen chronic conditions; it is a known trigger for heart attacks and strokes in people with existing heart disease.








Supported by an educational grant from Sanofi Pasteur

EMPOWER health and Immunize Canada are working together to make a web platform, **MyFluShot.ca**, freely available to the public, public health authorities and healthcare providers who deliver influenza vaccines anywhere in Ontario.

Informed by insight gained from years of working with healthcare providers, **MyFluShot.ca** offers:

-  Influenza vaccine inventory management available via a web interface (portal) to public health authorities and healthcare providers
-  Online appointment booking and patient scheduling that integrates with healthcare provider workflows and patient journeys for an all-in-one user experience
-  Automated appointment reminders and confirmations
-  Contactless influenza vaccine consent collection through pre-appointment online forms
-  A comprehensive service from EMPOWER health, which includes platform-to-EMR/PMS integration, healthcare provider onboarding and on-call support

For the public, **MyFluShot.ca** offers:

-  An advanced search feature, including a map and directory, to help people identify nearby locations where they, and the people in their care, can receive an influenza vaccine
-  Advanced search feature that shows availability of influenza vaccines
-  Province-wide email notification feature that sends out alerts when influenza vaccines become available (i.e., “flu shots are in stock” email alerts)
-  Information on recommended influenza vaccines
-  Information that provides confidence to those seeking influenza vaccinations during a global pandemic (i.e., ability to wait in a car and receive SMS notification when it’s their turn, and up-to-date information about their appointment with any changes resulting from COVID-19 outbreaks)

**To sign up,
go to MyFluShot.ca
or contact us at partners@empower.ca**



More Information

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