



Influenza Facts

- If you are a healthy person who never gets sick, it does not mean you cannot transmit the virus to others.
- The influenza vaccine does NOT cause influenza.
- Antibiotics only kill bacteria; influenza is caused by a virus.
- People with egg allergies can get the influenza vaccine.
- It's very important for pregnant women to get the vaccine, at any stage of pregnancy, to help them protect themselves and their newborn.

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The Importance of Immunizations

It's time to give yourself the best opportunity to stay as healthy as possible in the upcoming months by getting your influenza immunization. Influenza season is here and injectable vaccines are provided free of charge to residents six months of age and older through Public Health beginning October 31, 2016 ending March 31, 2017.

Influenza and pneumonia are ranked among the top 10 leading causes of death in Canada. Influenza can be a very serious disease and continues to cause deaths among vulnerable people in society (the very young, people over 65 years of age, people with chronic disease(s) and those with weakened immune systems). Influenza is very contagious and can spread quickly and easily.

The influenza vaccine is an annual vaccination that is required because our body's immune response diminishes throughout the year. Also, the vaccine changes based on the virus strains predicted to circulate. The vaccine is a safe, effective way for people to protect themselves and those close to them during the influenza season. It is available through public health clinics as well as participating pharmacists.

The influenza vaccine saves lives! It is recommended to everyone six months and older but is particularly important for people at high-risk of influenza complications including pregnant women, young children, the elderly, persons with underlying health conditions or compromised immune systems, and caregivers and contacts of people at high risk.

Daily clinic updates are available by following us on Twitter and/or Facebook or by calling our toll-free information line at 1-866-800-5510.

If you have questions, contact Public Health at 306-786-0600, your local Public Health office or visit our website at www.sunrisehealthregion.sk.ca.



Protect yourself and your loved ones by being immunized today!