

# Infection Prevention & Control Week

## Influenza Season

### Did You Know?

In 2018, there were 13 deaths due to Influenza in Saskatchewan. The influenza virus can survive on surfaces up to 24 hours; they live the longest on hard surfaces. Pass the alcohol-based hand rub, please!

**Myth:**

Influenza is no more than a nuisance, much like the common cold.

**Fact:**

Influenza is a severe and sometimes life-threatening disease that accounts for an average of 36,000 deaths and more than 200,000 hospitalizations in the US each year.

**Myth:**

You can get sick from the flu shot.

**Fact:**

The influenza vaccine does not contain any live bacteria so it is impossible to get influenza from it. There may be some side effects, such as mild soreness, redness or swelling at the injection site, headache or a low-grade fever that are a sign that your body is making immunity to protect you.

**Myth:**

Healthy people don't need to be vaccinated.

**Fact:**

While it's especially important for people who have a chronic illness to get the flu shot, even healthy people can benefit from being vaccinated. It also protects your loved ones who may be at more risk like small children, elderly family members, and pregnant family members.