

Did you know...

- In Saskatoon Health Region, approximately **one in five** people with laboratory confirmed influenza are hospitalized.
 - Of last year's hospitalizations, 21.6% were children under the age of five and 31.2% seniors aged 65 and above.
- In terms of the general population, last year 28.4% of those living in Saskatoon Health Region received the influenza vaccine. Out of those,
 - an estimated 55% of seniors aged 65 and above were immunized.
 - approximately 30% of those medically at risk between the ages of 16 and 64 were immunized.¹
 - 25% of pregnant women were immunized.
- Provincially, influenza caused 17 deaths last year.
- The 2016-17 injectable vaccine provides protection against four different flu virus strains, identified by the World Health Organization as most likely to circulate in 2016-17. The vaccines used this season contain two influenza A viral components (H1N1 and H3N2) and two influenza B viral component.
- The effectiveness of the vaccine is estimated to last about a year, which annual influenza immunization is important.
- Influenza spreads very easily from person to person. Even before you notice symptoms, you may spread the virus to others. If you have the virus, you can spread it to others by sneezing, coughing and talking. These actions release tiny droplets containing the flu virus into the air. You can become infected if these droplets land on your nose, mouth, or eyes.
- Infection can also happen if you touch any of these body parts after touching objects contaminated by infected droplets. Common contaminated objects include doorknobs, phones, television remotes and someone's hands.
- The best way to prevent the flu is by getting an influenza vaccine. You can also protect yourself and those around you from the flu by:
 - washing your hands frequently;
 - coughing and sneezing into the bend of your arm, not into your hand;
 - avoiding touching your nose, mouth or eyes with your hands;
 - cleaning and disinfecting objects and surfaces that a lot of people touch, such as door knobs, phones and television remotes;
 - eating healthy foods and doing physical activities to keep your immune system strong;
 - and getting plenty of rest or sleep.
- You cannot get the flu from the flu vaccine. Most people do not have reactions to the flu vaccine. Severe reactions are very rare. The injectable flu vaccine contains an inactivated virus. When the vaccine enters your body, it stimulates the immune system to make antibodies that attack the live virus when you are exposed.

¹ In 2015/16 pharmacies immunized 11,484 residents between 18 and 65 years, an unknown percentage of which were medically at risk, potentially boosting the 30% reported.