

FACT SHEET

Are **you**
protecting
me?

When is the best time to get the influenza immunization?

- Every year in the fall. Vaccine is usually available in mid – October.
- Get immunized at least two weeks before travelling internationally as it takes up to two weeks for the immunization to protect you

When can an infected person pass the flu virus to another?

Influenza viruses can be passed to others at least one day before symptoms start

- A person can be contagious up to five days after the onset of symptoms
- Children and immune-compromised persons may be contagious for longer periods