

FACT SHEET

Are **you**
protecting
me?

Who should receive influenza immunization?

It is strongly recommended that all Canadians aged 6 months and older receive their annual influenza vaccine to protect themselves and others at risk of complications.

Annual influenza immunization is free to all residents of Ontario.

Influenza immunization is particularly important for the following groups:

1. People at high risk of influenza-related complications or hospitalization

- Persons identified as morbidly obese
- Healthy pregnant women
- Adults, pregnant women and children with underlying health conditions
- Residents of long-term care homes and other chronic care facilities
- People ≥ 65 years of age
- Children 6 to 59 months of age

2. People capable of transmitting influenza to individuals at high risk

- Health care providers in facilities and community settings
- Household contacts of high-risk persons including those ≤ 59 months of age
- Those providing care to children ≤ 59 months of age eg., day care
- Those providing services in closed settings e.g., cruise ships, prisons, schools

3. Others

- Individuals who provide essential community services
 - Police
 - Firefighters
 - Community support programs and agency staff
 - Emergency Medical Staff (EMS)
- People in direct contact with poultry infected with avian influenza

