

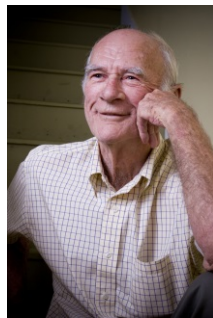
Are **you**
protecting
me?

FACT SHEET

Why should you receive the influenza immunization?

Every year influenza infection ends the lives of almost 5,000 people in Canada.

If you are generally healthy, influenza may not kill you, but it will make you feel quite ill for a week or two. You could also pass it on to someone who can't fight it – an older relative, a friend with a health concern, a young child in your family. You can protect these people by getting your influenza immunization.



If you get immunized, there is still a chance you could be infected with influenza however, your risk of developing complications from influenza infection is decreased and you will not be as sick.

Think about all the things you do every day and all the people you come into contact with. One in every six people will be infected with influenza – you are at risk and so are your family members.

Protect yourself. Protect those you care for.

Get the influenza immunization and clean your hands frequently.



Region of Waterloo
PUBLIC HEALTH