

Are there some people who cannot get the flu shot?

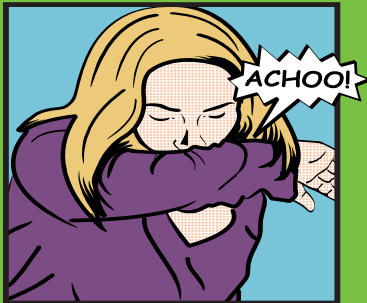
Yes, those persons who should not get the flu shot include:

- Persons aged 6 months and less
- Allergy to egg or egg products
- Allergy to any component of the flu vaccine
- Persons with moderate to severe acute febrile illness until they are better
- Guillian Barre syndrome within the last 6 months

If you or your family have questions or concerns, please ask your doctor or nurse.

They can contact Infection Prevention and Control for more information. We thank you for your cooperation.

No tissue?



Do the Sleeve Sneeze.

- Cough or sneeze into your sleeve
- Keep your hands clean
- Stop the spread of GERMS

Always Practice!

Handwashing



Always Wash Your Hands

- before and after touching food
- after using the washroom
- after sneezing, coughing or blowing your nose
- after touching pets or handling garbage
- after outdoor activities

TORONTO Public Health

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Infection Prevention & Control 2010

Influenza

Patient and Visitor Information

at St. Joseph's Health Centre, Toronto

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Influenza Information for Patients & Visitors

What is Influenza (flu)?

Influenza, often called the flu, is an infection of the nose, throat and lungs caused by the influenza virus. It can spread around the world (known as a pandemic) and can cause serious illness, including pneumonia and death. In Canada, the influenza season usually begins in October and can last to August. Every year in Canada over 1,500 people die from influenza.

What are the Symptoms?

Flu symptoms may include fever, headache, runny nose, sore throat, muscle pain, extreme tiredness and cough. There may also be vomiting and/or diarrhea, often seen with children.

Symptoms can last for 2 to 10 days. You are contagious 1 to 2 days before your symptoms show and as long as your symptoms last.

How is Influenza Spread?

Influenza spreads easily from person to person through breathing, coughing and sneezing. The virus can also spread when a person touches an object that has virus on it and then touches their own mouth, eyes or nose before washing their hands. It is very important to know that many people can have very mild symptoms often mistaken for the common cold. This is known as sub clinical illness and you are just as contagious at this time. This is the most common way influenza is spread in the hospital.

Wash your hands often with soap and water or with an alcohol based hand sanitizer that has alcohol content between 60-90%.

How Can Influenza Be Prevented?

By getting an influenza vaccination, also known as the flu shot. Other ways to help prevent getting the flu are:

- Wash your hands often, especially after coughing or touching your nose,

eyes or mouth

- Keep your hands away from your nose, eyes and mouth
- Stay at home if you are sick
- Do not visit patients in the hospital if you have flu or cold symptoms

What is the Flu Vaccine (Flu Shot)?

The flu shot is an inactivated (killed virus) vaccine that contains 3 different kinds of virus strains.

It is prepared in egg. It cannot give you the flu. It begins working in 2 weeks. A flu shot is given each year because the viruses that cause the flu change every year.

How well does the Flu Shot work?

The flu shot protects 70-90% of healthy children and adults and protection usually lasts for about 6 months.

It is less effective in those at higher risk such as the elderly and protection lasts about 4 months.