

UPDATES

# NB'S NEW CHOICE IN THE FIGHT AGAINST FLU

The New Brunswick Lung Association

SEPT 2022



## DID YOU KNOW?

Infected people can spread flu BEFORE they have symptoms! Almost half of all Canadians 50+ live with high-risk conditions that increase death from flu; When you vaccinate, you protect everyone.

Vaccines work by training your immune system to recognise a disease, without you getting sick first. Canadian infectious disease and public health experts recommend the publicly funded high-dose shot for seniors 65+, and support several vaccines for children and younger adults.

## KNOW THE FACTS

### DON'T GET CAUGHT

A new vaccine is available this fall tailored for adults 18 and older, alongside the existing high-dose option for seniors 65+.



### ASK ME ABOUT

The time I should have said yes, but I said no.

## ARE YOU HIGH RISK?

### TALK TO YOUR HEALTHCARE PROVIDER

- Heart and/or lung disease
- Renal problems
- Diabetes
- Neurological/neurodevelopmental disorders
- Cancer or other immune-compromising conditions
- Rheumatologic disease
- Morbid obesity

All New Brunswickers ages 6 months+ are encouraged to get vaccinated, but it's extra important for people at high risk of flu-related complications (and for those who care for them!)

Holiday travel accelerates flu spread around Thanksgiving, so plan to get your shot as soon as it becomes available.

## FLU SEASON 2022-23

### MAY COME EARLY

## HEALTHY PEOPLE DO NEED VACCINES

Influenza is a leading cause of pneumonia. Within days of infection, your risk of stroke increases up to 8x, and heart attack risk increases up to 10x.

## FLU IS MORE THAN "JUST A BAD COLD"

Unlike the common cold, flu impacts multiple organs, If you catch the flu, the sudden onset of high fever, muscle aches, chills, and extreme fatigue could see you bedridden with severe illness and complications lasting weeks, months... or forever.

## BE A HERO TODAY!

## IT'S A FACT.

Did you know that anti-COVID-19 public health measures are even more effective against flu? Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if you were exposed to the flu before being vaccinated. In public places, a well-fitted mask gives an extra layer of protection.

For more information please visit us at [nb.lung.ca](http://nb.lung.ca), email [info@nb.lung.ca](mailto:info@nb.lung.ca), or call 1-800-565-5864