



Risk Groups Recommended for Seasonal Influenza Immunization

As this is the first post pandemic year, anyone who wants to receive the seasonal influenza vaccine will be able to receive it from a public health clinic or a physician. However, the vaccine is particularly recommended for the following risk groups:

Persons at higher risk of becoming seriously ill with influenza:

- adults 65 and over
- persons with a chronic health condition including but not limited to:
 - lung and heart disease
 - asthma
 - diabetes
 - neurological conditions
 - cancer
 - renal disease
 - children on long term aspirin therapy
- pregnant women
- children from 6 months to 4 years of age (under 5)
- persons with severe obesity
- residents of a nursing home or other care facility

Groups recommended for vaccination to protect those at higher risk:

- household and close contacts of persons who are in the risk groups above
- household and close contacts of infants less than 6 months of age
- members of a household expecting a newborn before March 2011
- child and daycare workers who provide care to children up to 4 years of age (under 5)
- community health and care providers
- persons who work with poultry or hogs
- health region employees and volunteers
- health science students

WAYS TO HELP PREVENT THE SPREAD OF INFLUENZA:

*Wash hands often
or use an alcohol
based sanitizer*

*Cough or sneeze
into your sleeve
or use tissues
once only*

*Stay home if
you are ill*

*Clean surfaces
often*

Get immunized

*Vaccine will be offered through some workplaces and also available for sale on the private market.
However, there will be no reimbursement for vaccine purchased privately.*