



## Risk Groups Recommended to Receive the 2011-2012 Seasonal Influenza Vaccine

All Saskatchewan residents are eligible to receive a free seasonal influenza vaccination.

Influenza vaccine is strongly recommended for the following high risk groups.

### Persons at higher risk of becoming seriously ill with influenza:

- adults 65 years and older
- persons with chronic health conditions including but not limited to:
  - lung and heart disease
  - asthma
  - diabetes
  - neurological conditions
  - cancer
  - kidney disease
  - children on long term aspirin therapy
- pregnant women in any trimester
- children from 6 months to 23 months of age (under 2)
- 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 old
- members of households expecting newborns
- child and daycare workers who care for children younger than 2 years of age in and out of the home
- persons who work with poultry or hogs
- all health care employees and volunteers
- health science students (human and animal health)

*Influenza vaccines may be available through workplaces and may be available for private purchase at pharmacies. **The Ministry of Health does not reimburse the cost of privately-purchased influenza vaccines.***

**HELP PREVENT  
THE SPREAD OF  
INFLUENZA  
VIRUSES**

***Get immunized***

***Wash hands often  
with soap and  
water or use an  
alcohol-based  
hand sanitizer***

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

***Stay home if you  
are ill***

***Clean all surfaces  
regularly***

