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Classic Care Pharmacy News

Your Package Includes:

Guidelines for switching to NovoMix 30 from other insulins in LTC facilities

Everything you should KNOW about Symbicort Maintenance and Reliever Therapy

Safe Medicines for Seniors – A Guide for Caregivers

Source:
Health Canada, Healthy Living, Influenza
Hc-sc.gc.ca

Suggestions, feedback and other comments may be directed to

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We also welcome anonymous feedback via our suggestion box which is available online at www.classiccare.ca

INFLUENZA

Influenza (or flu) is a common respiratory illness affecting millions of Canadians each year. In Canada, flu season usually runs from November to April.

The most effective way to protect yourself from the influenza is to be vaccinated each year in the fall. (The flu shot is 70-90% effective in preventing the flu, immunity lasts 4-6 months). Regular hand washing is another way to help minimize your risk.

Influenza, is caused by a virus. The flu viruses are capable of changing year to year, so the composition must be updated annually. An estimated 10-25% of Canadians may

get the flu each year. Although most of these people recover completely, an estimated 4,000 to 8,000 Canadians, mostly seniors, die every year from pneumonia related to flu and other complications.

A true case of influenza typically starts with a headache, chills and cough, which are followed rapidly by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Most recover in 7-10 days. The groups at greater risk for complications include very young children, people over 65, and people who already have medical conditions,

such as chronic respiratory disease, heart or kidney disease, diabetes or a depressed immune system because of cancer, HIV infection, or some other cause.

Everyone should get the flu shot except children less than 6 months and those allergic to eggs.

The benefits of flu shots far outweigh the risks. The most common side effect is soreness at the injection site. Also fever, fatigue and muscle aches within six to 12 hours after your shot that may last for a couple of days.

By getting a flu shot, you will also help protect other Canadians.