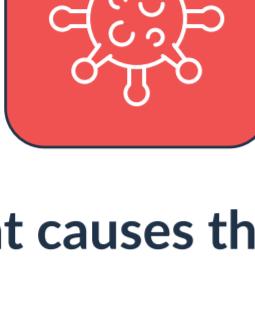


## Demystifying Vaccine Information

### Understanding the Language of Influenza: Learning-to-Action

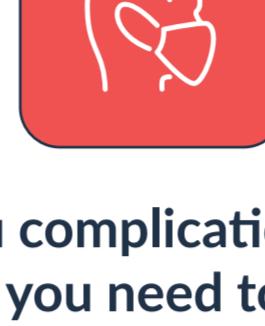
#### Influenza

Influenza is an infection of the nose, throat, and lungs, which are parts of the respiratory system. It poses a significant health risk to older adults, leading to severe complications and high mortality rates.



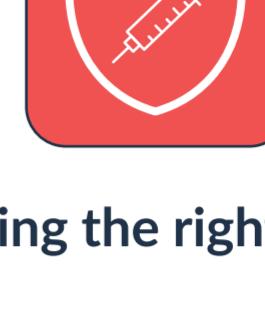
#### What causes the flu?

The flu is caused by 2 main influenza viruses: **Influenza A virus** and **Influenza B virus**



#### Flu complications: What you need to know

Adults 65+ face higher risks of flu-related complications and mortality, including pneumonia, respiratory failure, heart issues, and worsening chronic conditions.



#### Choosing the right vaccine

Three types of flu vaccines are authorized in Canada:

1. Inactivated (IIV)
2. Recombinant (RIV)
3. Live-attenuated (LAIV)

For adults 65+, high-dose, adjuvanted, or recombinant vaccines are preferred.

#### Learning to action roadmap: A step-by-step through the course



#### Module 1

Exploring vaccination and influenza.

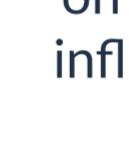
Learn what influenza is and how annual vaccination protects health and well-being.



#### Module 2

Unpacking the difference between influenza vaccines.

Understand vaccine types and the reasons for recommendations by age and risk group.



#### Module 3

Promote informed choices on safe and effective influenza vaccination.

Support informed vaccination choices and equip older Canadians to have meaningful conversations with healthcare providers.

**Empowering well-informed decisions on vaccination and health.**

#### Importance of vaccine

For adults 65+, influenza can cause complications that reduce independence, limit daily activities, and lower quality of life, while also increasing the risk of severe illness and death.

Staying up to date and getting your vaccine helps protect those who are immunocompromised and at higher risk of vaccine-preventable diseases. Every year, vaccines save millions of lives.

#### Eligibility and Access to Influenza Vaccine in Canada

In Canada, the influenza vaccine is publicly funded for all individuals aged six months and older, with particular emphasis on older adults (65+) and those with chronic health conditions.



Local pharmacies or drugstores



Vaccines are administered by healthcare professionals, including doctors, nurses, and pharmacists.

Your doctor's office



Community health clinics