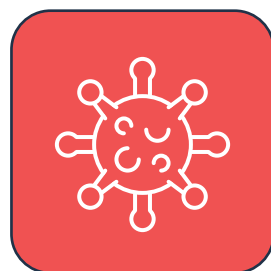


## Demystifying Vaccine Information Understanding the Language of Influenza: Learning-to-Action

### 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.**



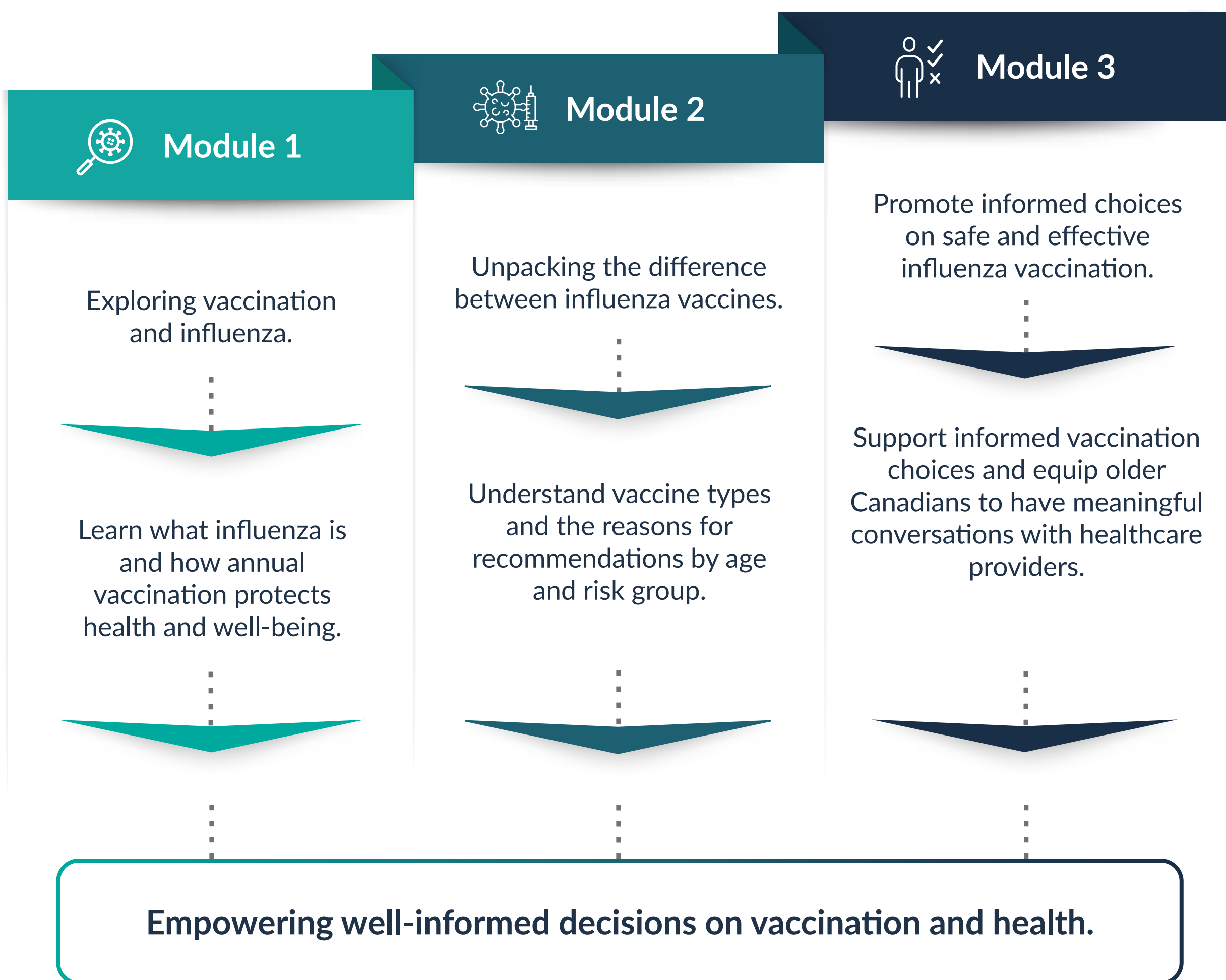
#### Choosing the right vaccine

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



### 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.

### You can get vaccinated at:



Local pharmacies or drugstores



Your doctor's office



Community health clinics

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