

# PROTECTING AGAINST INFLUENZA IN PEOPLE

# WITH COPD

## INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS WITH COPD (Chronic Obstructive Pulmonary Disease).

COPD is the leading cause of hospital admissions and has a much higher re-admission rate than other chronic illnesses.<sup>1</sup> Exacerbation is the key contributing factor to hospitalization, morbidity and mortality associated with COPD.<sup>1</sup>

Recent evidence suggests that **RESPIRATORY VIRUSES** are associated with

**40 to 60%**

of COPD exacerbations.<sup>2-5</sup>



In studies of **COPD-EXACERBATED PATIENTS** who have viral infections

**8 to 36%**

of the viruses detected were influenza.<sup>2,5,6</sup>

COPD patients infected with influenza have a significant risk of hospitalization.<sup>7-9</sup>



In 2014  
**804,043**



Canadians aged 35+ reported being diagnosed with COPD.<sup>11</sup>

Chronic lower respiratory diseases such as bronchitis, asthma and COPD are ranked



leading cause of death.<sup>12</sup>

**CTS\* RECOMMENDS** annual influenza immunization for individuals with COPD.<sup>7</sup>

**NACI\*\* ALSO RECOMMENDS** vaccination for those in contact with them:<sup>10</sup>



Healthcare Providers



Household Contacts



Service Providers

\* Canadian Thoracic Society

\*\* National Advisory Committee on Immunization

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>10</sup>



Considered the most effective method to prevent influenza



Helps protect those who are vulnerable to serious illness



### GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in January or February, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.<sup>10</sup>

**VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>10</sup>**

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>13</sup> For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca). Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

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