

# PROTECTING AGAINST INFLUENZA IN PEOPLE

# WITH Diabetes

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

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS LIVING WITH DIABETES.

This group is at higher risk of serious influenza-related complications, hospitalization or death.<sup>1-4</sup> These complications could include:<sup>2</sup>



Bronchitis



Ear Infections



Pneumonia



Sinus Infections

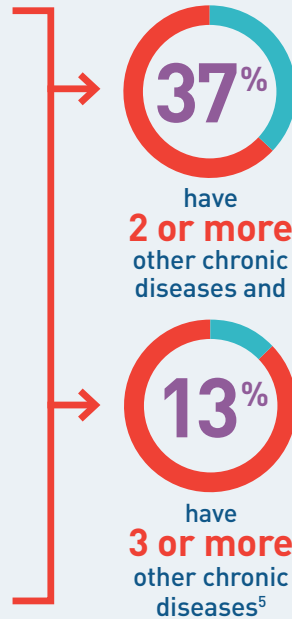


Diabetes patients frequently have other chronic diseases, such as:

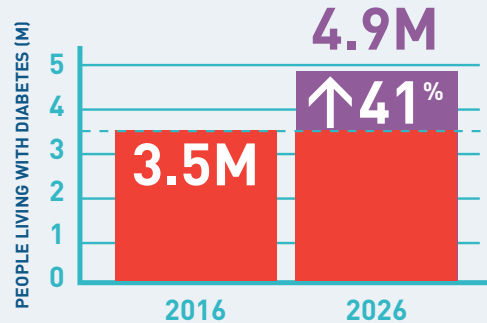
- COPD
- heart disease
- hypertension
- renal disease

that put them at high risk for influenza-related complications or hospitalization.<sup>5,6</sup>

For hospitalized patients, acute illness is one of several obstacles to maintaining blood sugar control.<sup>7</sup>



In Canada, the diabetic population is expected to increase by 41% by 2026.<sup>8</sup>



People living with diabetes have at least

**2x** higher mortality rates<sup>5</sup>

NACI\* AND CDA\*\* RECOMMEND influenza immunization for individuals with diabetes, and their close contacts:<sup>1,9</sup>



Healthcare Providers



Household Contacts



Service Providers

\* National Advisory Committee on Immunization

\*\* Canadian Diabetes Association

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>1</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>1</sup>

**VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>1</sup>**

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>10</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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