

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).

In Canada, COPD is one of the leading causes of hospital admissions.¹ In 2010-11, COPD patients represented the highest volume of readmissions compared to heart failure, digestive disorders and arrhythmia.² Exacerbation is the key contributing factor to hospitalization, morbidity and mortality associated with COPD.³

Evidence suggests that **RESPIRATORY VIRUSES** are associated with

40 to 60%

of COPD exacerbations.⁴⁻⁷



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

8 to 36%

of the viruses detected were influenza.^{4,7,8}

COPD patients infected with influenza have a significant risk of hospitalization.⁹⁻¹¹



In 2018
847,300



Canadians aged 35+ reported being diagnosed with COPD.¹³

In 2017

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



leading cause of death.¹⁴

CTS* RECOMMENDS annual influenza immunization for individuals with COPD.⁹

NACI ALSO RECOMMENDS** vaccination for those in contact with them:¹²



Healthcare Providers



Household Contacts



Service Providers

* Canadian Thoracic Society
** National Advisory Committee on Immunization

BENEFITS OF SEASONAL INFLUENZA VACCINES¹²

- ✓ 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.¹²

VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.¹²

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.¹⁵ For more information on seasonal influenza vaccines, visit 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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