

Bringing the Voices of Canadian Seniors Together in the Fight Against Influenza

What you should know:

MYTH Influenza is not a severe illness.



FACT In Canada, influenza causes an estimated 12,200 hospitalizations and 3,500 deaths.¹

MYTH My diet and lifestyle boost my immune system and I do not need to be immunized.



FACT Even 'healthy' older adults can benefit from vaccination and help prevent severe illness or death.²

MYTH The vaccine gives me influenza like symptoms.



FACT The vaccine does not give you influenza, as it contains inactivated virus.³

MYTH COVID-19 vaccines protect me against influenza.



FACT COVID-19 vaccines do not protect individuals against any strain of influenza.⁴

For more information, access the full report [here](#).