The best defense is prevention.

A flu shot helps protect you from:
- Getting influenza
- Pneumonia and other complications of influenza
- Spreading the influenza virus to family, friends and caregivers

Other influenza facts:
- The influenza shot does not protect you against the common cold or other viruses
- It takes two weeks after being immunized for the influenza shot to provide antibody protection

InFlUenza...
IT’S NOT JUST A COLD

The best defense is prevention.

A flu shot helps protect you from:
- Getting influenza
- Pneumonia and other complications of influenza
- Spreading the influenza virus to family, friends and caregivers

Other influenza facts:
- The influenza shot does not protect you against the common cold or other viruses
- It takes two weeks after being immunized for the influenza shot to provide antibody protection

Carewest Employee Health and Safety (EH&S) supports health and wellbeing by:
- Coordinating the Employee Influenza Immunization Clinics
- Providing employee influenza immunizations
- Monitoring employees during a communicable illness
- Assisting employees to safely return to work following illness
- Providing general statistics and trends to Alberta Health Services for analysis

Contact Carewest EH&S at 403-943-8182

Carewest Infection Prevention & Control (IP&C) service provides expertise on infection control issues, including:
- Client immunization
- Outbreak management
- Prevention of communicable disease transmission
- Hand hygiene
- Disease surveillance in the client population
- IP&C audits

For client-related questions please contact Carewest IP&C at 403-686-8133.
**YOU NEED TO KNOW!**
Influenza is a highly contagious viral infection that can be spread by:

- UNWASHED HANDS
- TOUCHING OBJECTS
- SNEEZING
- COUGHING
- TALKING

Symptoms of influenza are:
- Sudden fever
- Cough
- Headache
- Muscle aches
- Loss of appetite
- Fatigue

The best defense is prevention:
- Get your annual flu shot
- Wash your hands often and keep your hands away from your face to prevent spreading the virus
- Cover your cough (with a tissue or a sleeve).
- Stay home when you have influenza symptoms

---

**COMPARE SYMPTOMS**
Influenza, a cold, and stomach upset are different illnesses.

<table>
<thead>
<tr>
<th>Description &amp; Symptoms</th>
<th>Respiratory Infection</th>
<th>Gastrointestinal Infection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virus Involved</td>
<td>Influenza A or B</td>
<td>Norovirus (Norwalk-like viruses) is the most common</td>
</tr>
<tr>
<td>Fever</td>
<td>Usually high, beginning suddenly and lasting 3-4 days</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Headache</td>
<td>Usually, can be severe</td>
<td>Rarely</td>
</tr>
<tr>
<td>Chills, aches, pain</td>
<td>Usually, and often severe</td>
<td>Rarely</td>
</tr>
<tr>
<td>Loss of appetite</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Cough</td>
<td>Usually</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sniffles or sneezes</td>
<td>Sometimes</td>
<td>Usually</td>
</tr>
<tr>
<td>Extreme tiredness</td>
<td>Usually - tiredness may last 2-3 weeks or more</td>
<td>Rarely</td>
</tr>
<tr>
<td>Involves whole body</td>
<td>Usually</td>
<td>Never</td>
</tr>
<tr>
<td>Symptoms appear quickly</td>
<td>Yes</td>
<td>More gradual</td>
</tr>
<tr>
<td>Possible complications (Health problems)</td>
<td>Pneumonia, kidney failure, swelling of the brain and death</td>
<td>Sinus infection or ear infection</td>
</tr>
<tr>
<td>Vaccine</td>
<td>Yearly vaccine provides protection against two influenza A strains and one influenza B strain</td>
<td>No vaccine available</td>
</tr>
</tbody>
</table>

Note: A stomach upset is sometimes incorrectly called the “stomach flu” but there is no such illness. As noted in the chart, stomach upsets are caused by viruses and other micro-organisms but not by the influenza virus.

Source: Alberta Health Services