



DURHAM REGION  
HEALTH DEPARTMENT

# Influenza in Durham Region 2022-2023 Season

Influenza or "flu" is a respiratory virus that spreads from person-to-person

Quick Facts



Influenza is spread through coughing, sneezing or touching surfaces with the flu virus



Influenza, the common cold and COVID-19 are all different illnesses with similar symptoms



The very young, the elderly, pregnant people, and people with certain medical conditions are at higher risk of complications

Stats

# 843

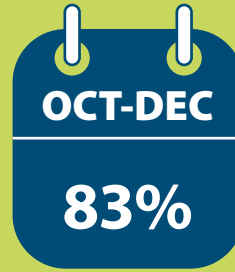
843 lab confirmed cases of influenza were reported in Durham Region in the 2022-23 season, however the actual number is much higher as not all cases of influenza are tested



54% of cases were aged 0-14 years



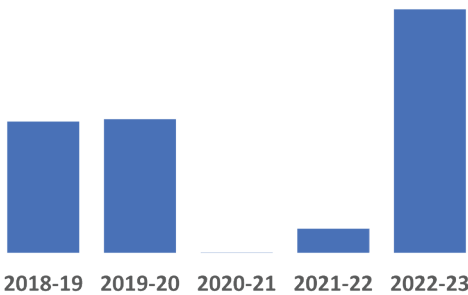
13% of cases were aged 70 or older



83% of cases occurred in Oct-Dec



88% of cases were influenza type A, and 12% were influenza type B



The number of influenza cases reported during the 2022-23 season was much higher compared to previous seasons. Interpret the 2020-21 and 2021-22 data with caution due to changes in the availability of health care and health seeking behaviour during the COVID-19 pandemic.

Influenza Vaccine



## Benefits of getting the influenza vaccine every year:



Protects the people around you



Safe for everyone



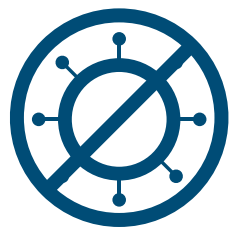
Best way to protect yourself from getting the flu



Reduces severity of illness if you do get the flu



Reduces number of doctor's visits, hospitalizations, and deaths related to the flu



Decreases flu outbreaks

Data Sources:

- Centers for Disease Control and Prevention (CDC), [Vaccine Effectiveness: How Well Do Flu Vaccines Work?, 2023](#)
- Government of Canada, [Flu \(influenza\): Get your flu shot, 2023](#)
- Ontario Ministry of Health, integrated Public Health Information System (iPHIS) database, 2022-2023
- To see Durham compared to Ontario and other public health units go to [Infectious Disease Trends in Ontario](#)



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Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/flu](http://durham.ca/flu)

If you require this information in an accessible format, contact 1-800-841-2729.

