



DURHAM REGION  
HEALTH DEPARTMENT

# Influenza in Durham Region 2023-2024 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

# 1,272

1,272 lab confirmed cases of influenza were reported in Durham Region in the 2023-24 season, however the actual number is much higher as not all cases of influenza are tested



37% of cases were aged 0-14 years



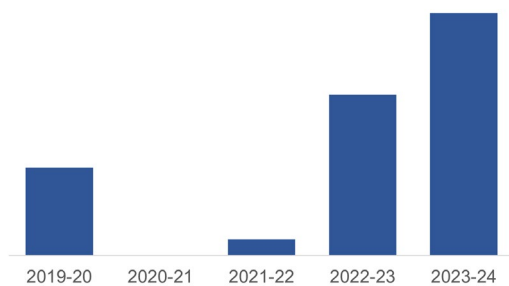
25% of cases were aged 70 or older



85% of cases occurred in Dec-Mar



81% of cases were influenza type A, and 19% were influenza type B



The number of influenza cases reported during the 2023-24 season (1,272) was higher than the 2022-23 season (843) and 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



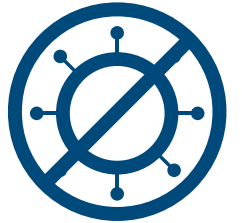
Best way to protect yourself from getting the flu



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), [Benefits of the Flu Vaccine](#)
- Government of Canada, [Flu \(influenza\): Get your flu shot](#)
- Ontario Ministry of Health, integrated Public Health Information System (iPHIS) database, 2023-2024
- 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.



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