



DURHAM REGION  
HEALTH DEPARTMENT

# Influenza in Durham Region 2021-2022 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 women, and people with certain medical conditions are at higher risk of complications

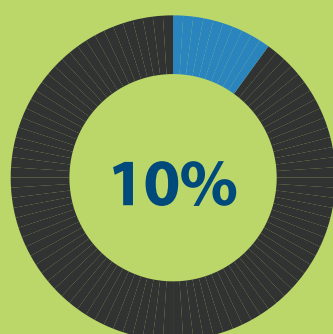
Stats

# 84

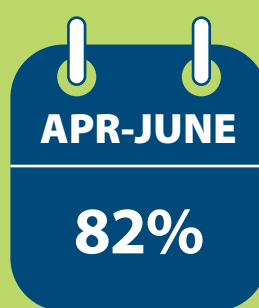
84 lab confirmed cases of influenza were reported in Durham Region in the 2021-22 season, however the actual number is much higher as not all cases of influenza are tested



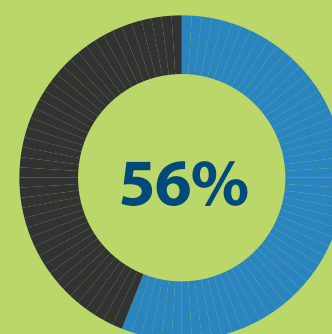
50% of cases were aged 0-14 years.



10%  
of cases were aged 70 or older



82%  
of cases occurred in April-June



56%  
of reported influenza cases were hospitalized



99%  
of cases were influenza Type A

Influenza Vaccine



## Benefits of getting the influenza vaccine every year:



Protects the people around you



Safe for everyone



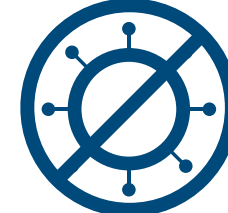
Best way to protect yourself from getting the flu



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 and confusion with COVID-19 outbreaks

Data Sources:

- Centers for Disease Control and Prevention (CDC), [Vaccine Effectiveness: How Well Do Flu Vaccines Work?, 2022](#)
- Government of Canada, [Flu \(influenza\): Get your flu shot, 2021](#)
- Ontario Ministry of Health, integrated Public Health Information System (iPHIS) database, 2021-2022
- 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.

