



Influenza in Durham Region 2019-2020 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

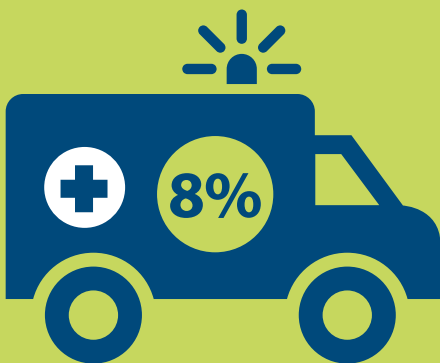


The very young, the elderly, pregnant women, and people with certain medical conditions are at higher risk of complications

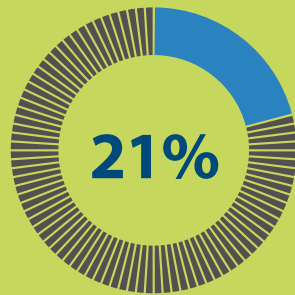
Stats

463

463 lab confirmed cases of influenza were reported in Durham Region in the 2019-20 season, however the actual number is much higher as not all cases of influenza are tested



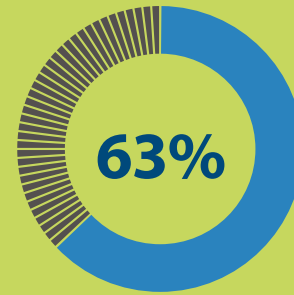
8% of emergency department visits in late December were associated with influenza-like illness



21% of cases were aged 70 or older



39% of cases occurred in January



63% of reported influenza cases were hospitalized



73% of cases were influenza Type A

Influenza Vaccine



Benefits of getting the influenza vaccine every year:



Protects the people around you



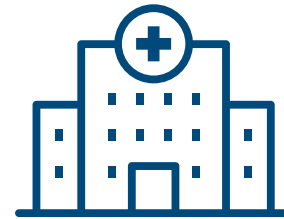
Safe for everyone



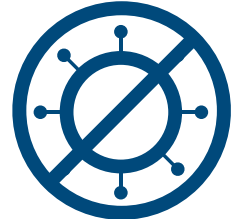
Best way to protect yourself from getting the flu



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), What are the benefits of flu vaccination?, 2018
- Acute Care Enhanced Surveillance System, 2020
- Government of Canada, Flu (influenza): Get your flu shot, 2019
- Ontario Ministry of Health, integrated Public Health Information System (iPHIS) database, 2019-2020



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/flu

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



Sept20