



# Vaccination is the best protection against the flu.

## The flu A highly contagious viral infection

The flu (influenza) is a very contagious infection which prevails in winter, mainly from from December to April, and causes important epidemics. Influenza spreads as people cough, sneeze or touch different objects contaminated with the virus. Although the flu seems common, it may cause more important symptoms such as fever, cough, muscular aches or other discomforts which may last for 5 to 10 days. This can sometimes lead to pneumonia with severe consequences, including death, particularly in people with chronic disease. No, the flu is not a cold!

## How to tell the difference between the flu and cold?

Symptome	Cold	Flu (Influenza)
Duration	Less than 14 days	7-14 days
Coughing	Frequent	Frequent (dry)
Sneezing	Frequent	No
Runny nose, nasal congestion	Frequent	Sometimes
Sore throat	Frequent	Sometimes
Fever	Short-lived	Fréquente
Headache	Rare	Frequent
Muscle aches and pains	Frequent	Frequent

## Vaccination The best weapon to fight against influenza infection

The best protection against the influenza virus is vaccination. The vaccine against influenza is made of inactive viral particles that cannot cause the flu, contrary to popular belief. In accordance with the worldwide laboratories observations coordinated by the World Health Organization, the vaccine is compound each year. These laboratories isolate the active viruses around the world and identify new virus strains. Getting the vaccine each year is then very important.

## Common side effects

None or very few side effects are felt by the majority of the population such as minor pain where the vaccine was injected, discomfort, muscular aches or fever (rarely). These symptoms can last from 24 to 48 hours. Acetaminophen can be taken to reduce the effects.

As for all vaccines or pharmaceutical products, a low possibility of developing an allergy or serious reaction exist.

If you have a high fever or unusual side effects lasting more than 48 hours, **consult your physician and report it to Biron Health Group at 1 855 522-4766, extension 2526.**

## Information about the possible side effects

Possible side effects	Delay	Duration	What can I do?
Swelling and redness at the site of the injection	Few hours after vaccination	1-2 days	Apply cold damp compresses
Light fever, discomfort, muscle aches	Few hours after vaccination	1-2 days	Take medication against fever (acetaminophen)
Eye redness, a sore throat, a cough, difficulty breathing or facial swelling	In the 24 hours after vaccination		Consult a doctor depending on the seriousness of symptoms