



Workplace Influenza Presentation

Prepared by Peel Public Health
2011

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Purpose

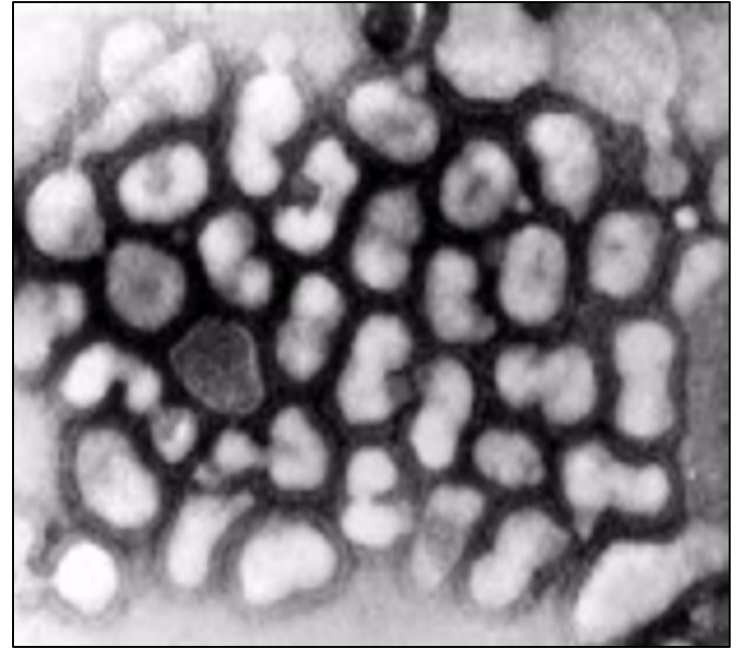
To promote influenza immunization and wellness by:

- Providing the workplace with information about influenza and annual influenza immunization
- Increasing awareness about the importance of protecting yourself and others from influenza by receiving the annual influenza vaccine

What is influenza?

Influenza:

- Is a contagious respiratory infection caused by the influenza virus
- Is commonly known as “the flu”
- Is much worse than a cold
- Can cause healthy people to become very ill
- Can lower the body’s ability to fight off other infections
- Can worsen a current medical condition and those effects can last up to a year



Transmission electron micrograph of influenza A virus
Courtesy of Centers for Disease Control and Prevention



Did you know?

- Influenza virus infects millions of Canadians every year*
- The flu and its complications send about 20,000 Canadians to hospital every year and between 2,000 and 8,000 Canadians die *
- The national goal of influenza immunization programs is to prevent influenza from causing serious illness and death
- The vaccine is free to all Ontario residents

*Public Health Agency of Canada (PHAC)

How is influenza spread?



Courtesy of Centers for Disease Control and Prevention

- An infected person can spread the virus through the droplets that are expelled while coughing, sneezing or talking
 - We can “catch the flu” if:
 - we are within 2 meters of a person who is sick with influenza and they cough or sneeze
- and/or**
- we touch surfaces where these droplets have fallen and then touch our eyes, nose, or mouth before washing our hands

What are the symptoms of influenza?



- Sudden high fever
- Sore throat
- Dry cough
- Runny or stuffy nose
- Headache,
- Muscle aches all over the body
- Extreme fatigue

Note: the elderly may not have a fever. Children may also have earaches, nausea, diarrhea and vomiting (Ministry of Health and Long-Term Care)

What do people say who have had “the flu”?

“I was so sick I couldn’t lift my head off my pillow for a week!”

“I have never been so sick in my life!”

“If you have had it, trust me...you never want it again....I’m getting the flu shot every year from now on!!”

(actual comments made to Peel Public Health staff)

What is the difference between influenza (“the flu”) and a cold?

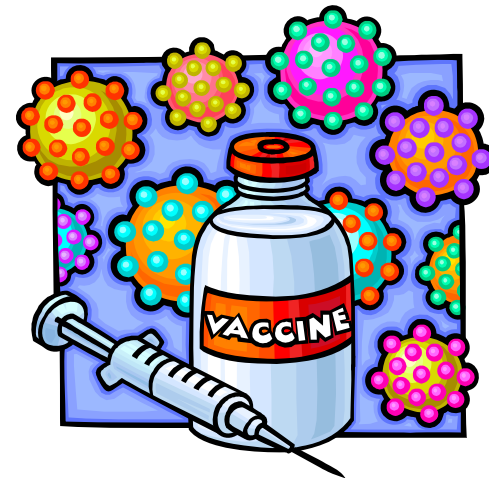
The flu is much worse than a cold. Cold symptoms and complications are much milder than that of the flu.

Symptom	Cold	Flu
Fever	Rare	Usually high fever (102°F/39°C-- 104°F/40°C), sudden on set, lasts 3-4 days
Headache	Rare	Usual, can be severe
Aches and pains	Sometimes, mild	Usual, often severe
Fatigue & weakness	Sometimes, mild	Usual, severe, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual early onset, can be severe
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Can become severe
Complications	Unusual	Pneumonia, respiratory failure. Can be life threatening
Prevention	Frequent hand washing	Annual vaccination and frequent hand washing

Canadian Coalition for Immunization Awareness and Promotion

Why do I need the influenza vaccine every year?

- ✓ Flu viruses are always changing
- ✓ Flu continually circulates around the world
- ✓ The World Health Organization monitors the strains of circulating virus and makes recommendations for a new batch of vaccine each year to match the circulating strains
- ✓ The best time to get your influenza vaccine is early, between October and December, before the number of influenza cases increases in Canada (PHAC)



Who should receive annual influenza immunization?



Everyone!

- Unless there is a medical reason not to, everyone 6 months of age or older can benefit from receiving annual influenza immunization (the “flu shot”)
- The Canadian National Advisory Committee on Immunization (NACI) 2011 recommends annual influenza immunization for:
 - “...persons at high risk of influenza-related complications, those capable of transmitting influenza to individuals at high risk of complications, and those who provide essential community services.”

What are the benefits to employees and employers?

Employees

- Promotes wellness by preventing illness and reducing absences from work
- Improves quality of life, morale and leisure time
- Reduces risk of transmitting flu to family, friends and co-workers who may be at risk of severe illness

Employers

- Reduces short term absenteeism and need for temporary employees
- Improves productivity
- Promotes wellness in the workplace
- Boosts corporate image and morale
- Reduces health care costs

(Journal of the Ontario Occupational Health Nurses Association, 1998)

What are the side effects of receiving the “flu” vaccine?

- Most people have few or no side effects
- Possible side effects include:
 - Soreness, redness or swelling at the injection site
 - Mild fever or muscle aches for up to 48 hours
- Severe reactions are very rare (anaphylactic)

How can I protect myself and others from getting “the flu”?

- Get the flu shot every year
- Cover your nose and mouth with your sleeve or elbow when you cough or sneeze
- Stay home when you are sick to avoid spreading germs to others
- Wash your hands frequently and thoroughly
 - Use soap and water or alcohol based hand rub:
 - After sneezing or wiping your nose
 - Before touching your face (nose, mouth, eyes)



Where can I get my flu vaccine?

- At some workplaces where the flu shot is offered
- At your family doctor
- At a local community clinic. Visit the Peel Public Health community clinics: peelregion.ca/flu

How can I find an influenza vaccine clinic?

- Visit the Peel Public Health website:

peelregion.ca/flu

- Call Peel Public Health:

905-799-7700

How can I set up an immunization clinic in my workplace?

Visit the Peel Public Health website:

peelregion.ca/flu/workplace

OR

Visit the MOHLTC website:

health.gov.on.ca



Nothing works like the
flu shot. And nothing
works without it.

Worker absenteeism and lost productivity due to flu cost Canadian employers hundreds of thousands of dollars each year. Quite the sum when you consider that a workplace flu clinic can pay for itself if flu is avoided in even one worker. Find out how you can sponsor a workplace clinic today. It's the most effective way to keep your employees at work this flu season. Visit www.beattheflu.ca or call 1-877-844-1944 (TTY 1-800-387-5559).

The flu. You can't afford it.



Symptoms include
fever, headache and a
quiet fourth quarter.

Worker absenteeism and lost productivity due to flu cost Canadian employers hundreds of thousands of dollars each year. Quite the sum when you consider that a workplace flu clinic can pay for itself if flu is avoided in even one worker. Find out how you can sponsor one today. It's the most effective way to keep your employees at work this flu season. Visit www.beattheflu.ca or call 1-877-844-1944 (TTY 1-800-387-5559).

The flu. You can't afford it.

Did you, your family, and your friends get your flu shot yet?

sneezed & gave it to

Ming

Salim

who pushed


that was touched by

and before long it was everywhere.

Get your flu shot.

The earlier you get it, the sooner you're protected.

THE FLU SHOT. MAKING YOUR IMMUNE SYSTEM STRONGER.

ontario.ca/flu   • 1-877-844-1944 • TTY 1-800-387-5559

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