

Protecting Yourself and Those in Your Care From the Flu: What Canadian Caregivers Need to Know

A caregiver is anyone, paid or unpaid, who provides care and supports an individual in need.



One in four Canadians provide essential care. Diseases like influenza and COVID-19 can **seriously impact** a caregiver's health and

ability to provide care to those who depend on them, including their parents, partners, and children.

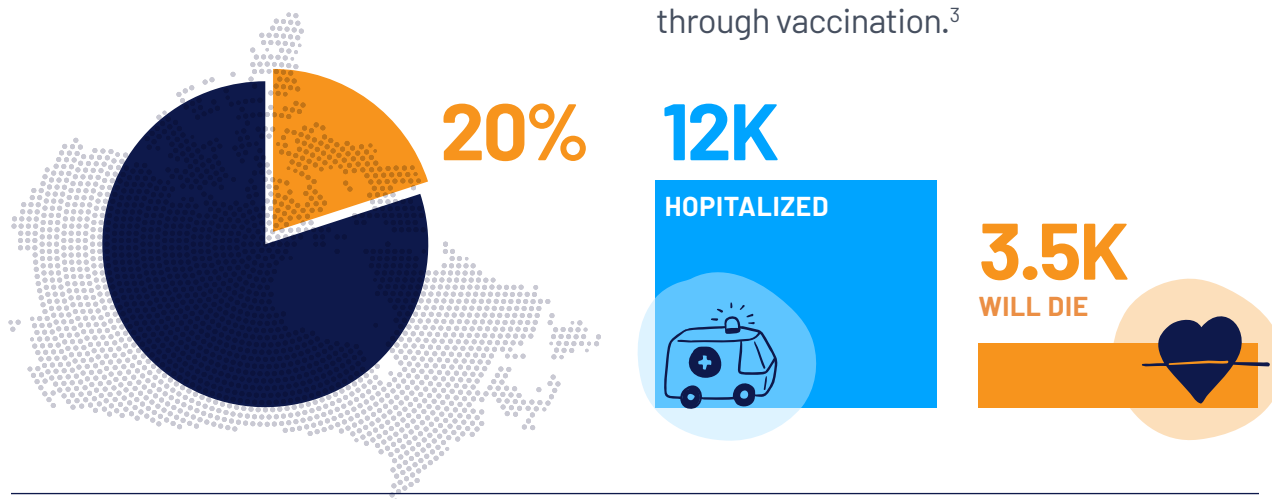
**1 IN 4 CANADIANS
IS A CAREGIVER**



Influenza: A Preventable Health Crisis for Canadians

Each year, up to 20% of Canadians will become ill with influenza, or “the flu.”¹

Of those, 12,000 are hospitalized and 3,500 will die,² and yet, many of these cases could have been prevented through vaccination.³



A case of the flu can have major health implications, including:

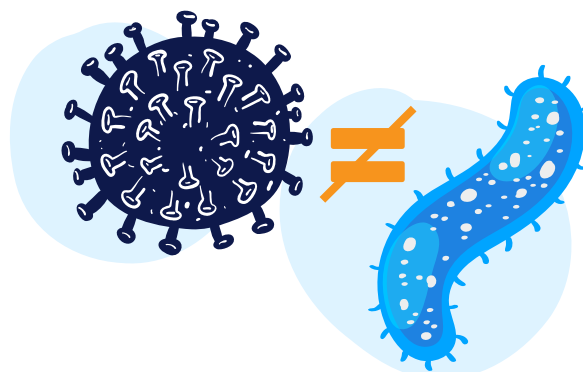
6x increased risk
of heart attack⁴

8x increased risk
of pneumonia⁵

The best way to protect yourself and your loved ones against the flu is to get the influenza vaccine every year.⁶

The Flu & COVID-19: Similar symptoms, different diseases

The flu and COVID-19 are different diseases, caused by different viruses. Canadians can protect themselves against both by receiving **both a flu vaccine and the COVID-19 vaccine series**. You can even receive both vaccines at the same time.⁷

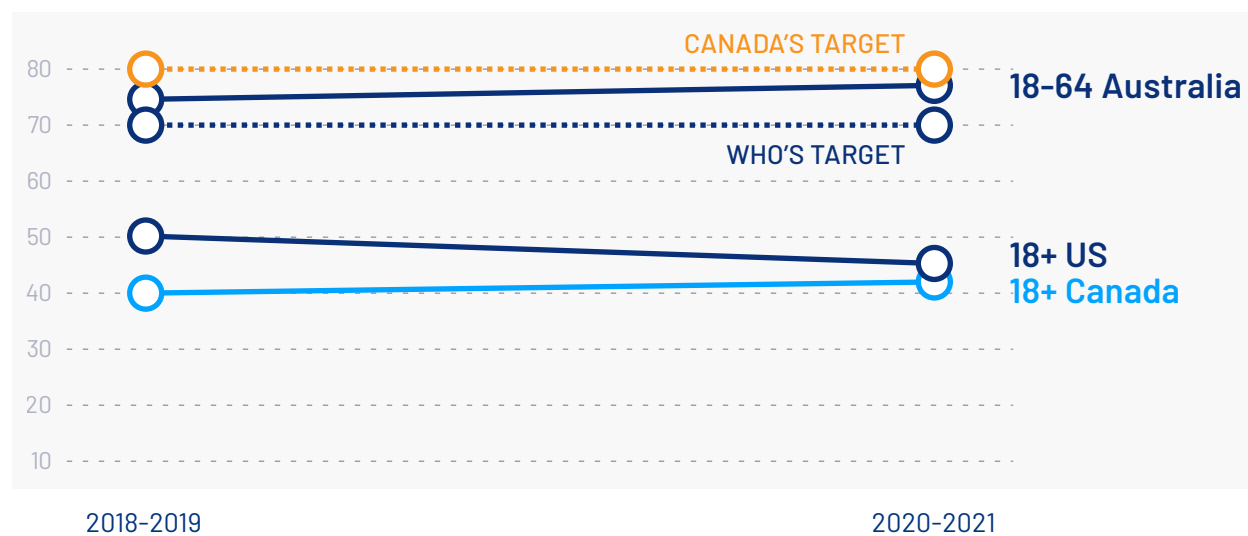


Influenza Vaccine in Canada

Fewer than half of Canadian adults received the flu vaccine during the 2020/2021 flu season,⁸ far below the target rates recommended by both Canada's National Advisory Committee on Immunization (NACI) and the World Health Organization and the vaccination rates of many of its peers.^{9,10}



Adult's Flu Immunization Rate and Vaccination Targets



Who should get vaccinated against the flu?

NACI recommends that everyone gets vaccinated for the flu, but particularly the target groups as defined by the WHO, including health workers....^{11,12}

Vaccinating caregivers helps prevent them from transmitting the flu to those they interact with every day.



Flu Vaccine Options

There are many types of vaccines approved and available in Canada. Talk to your pharmacist or healthcare provider about which vaccine is right for you.

Vaccine Type	Benefits	Vaccine Options & Age Groups
Standard-dose Quadrivalent (QIV)	The standard-dose vaccine provides protection against 4 different flu viruses and has different variations depending on age	<ul style="list-style-type: none"> • FluLaval Tetra (6 months & older) • Fluzone Quadrivalent (6 months & older) • Flucelvax Quad (2 years & older) • Influvac Tetra (3 years & older) • Afluria Tetra (5 years & older)
Adjuvanted Trivalent (TIV-adj)	The adjuvanted vaccine can create a stronger immune response than standard dose	<ul style="list-style-type: none"> • Fluad Pediatric (6-23 months) • Fluad (65 years & older)
High-dose Quadrivalent (QIV-HD)	The high-dose vaccine builds a stronger immune response in older adults ¹³	<ul style="list-style-type: none"> • Fluzone High-Dose (65 years & older)
Recombinant Quadrivalent (RIV4)	RIV4 does not use eggs in its manufacturing process and may also create a stronger response than standard dose vaccines	<ul style="list-style-type: none"> • Supemtek (18 years & older)
Live Attenuated Quadrivalent (LAIV)	LAIV is administrated through by nasal spray	<ul style="list-style-type: none"> • Flumist (2-59 years old)

Sources: Vaccine,¹⁴ Government of Canada,¹⁵ Public Health Ontario,¹⁶ Public Health Agency of Canada¹⁷

Caregiver Action Items



Ask your healthcare provider which vaccine is right for you.

There are several different flu vaccines available to Canadians. All are safe, but depending on your age and health status, one might be better for you than the others.

Talk to your doctor or pharmacist about which one will offer you the best protection and which one is best for those that you care for.



Schedule a vaccine appointment at a convenient time and location.

You can get your flu vaccine at the same time as your COVID-19 booster, when you are helping someone to get their own vaccines, when picking up necessities at the pharmacy, or even during your lunch hour.

You can choose the time and place that works for you.



Endnotes

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4. <https://www.cdc.gov/flu/highrisk/heartdisease.htm#:~:text=Studies%20have%20shown%20that%20flu,experiencing%20their%20first%20heart%20attack>
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About The Global Coalition On Aging

The Global Coalition on Aging aims to reshape how global leaders approach and prepare for the 21st century's profound shift in population aging. GCOA uniquely brings together global corporations across industry sectors with common strategic interests in aging populations, a comprehensive and systemic understanding of aging, and an optimistic view of its impact. Through research, public policy analysis, advocacy, and strategic communications, GCOA is advancing innovative solutions and working to ensure global aging is a path to health, productivity and economic growth.

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