

# PROTECTING AGAINST INFLUENZA IN PEOPLE

# WITH COPD

## INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS WITH COPD (Chronic Obstructive Pulmonary Disease).

In Canada, COPD is one of the leading causes of hospital admissions.<sup>1</sup> In 2010-11, COPD patients represented the highest volume of readmissions compared to heart failure, digestive disorders and arrhythmia.<sup>2</sup> Exacerbation is the key contributing factor to hospitalization, morbidity and mortality associated with COPD.<sup>3</sup>

Evidence suggests that **RESPIRATORY VIRUSES** are associated with

**40 to 60%**

of COPD exacerbations.<sup>4-7</sup>



In studies of **COPD-EXACERBATED PATIENTS** who have viral infections

**8 to 36%**

of the viruses detected were influenza.<sup>4,7,8</sup>

COPD patients infected with influenza have a significant risk of hospitalization.<sup>9-11</sup>



In 2018  
**847,300**



Canadians aged 35+ reported being diagnosed with COPD.<sup>13</sup>

In 2017

Chronic lower respiratory diseases such as bronchitis, asthma and COPD were ranked the



leading cause of death.<sup>14</sup>

**CTS\* RECOMMENDS** annual influenza immunization for individuals with COPD.<sup>9</sup>

**NACI\*\* ALSO RECOMMENDS** vaccination for those in contact with them:<sup>12</sup>



Healthcare Providers



Household Contacts



Service Providers

\* Canadian Thoracic Society  
\*\* National Advisory Committee on Immunization

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>12</sup>

- ✓ Considered the most effective method to prevent influenza
- ✓ Helps protect those who are vulnerable to serious illness



### GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in the winter months, but can occur as early as fall and as late as spring. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.<sup>12</sup>

**VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>12</sup>**

For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca).

Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

**TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.**

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Do not use this piece after July 21, 2023,  
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