

Protect Yourself from Influenza

Influenza is among the top 10 leading causes of death in Canada.

You may be at high risk if you are 65 years and older or an adult living with a chronic health condition such as lung disease or diabetes.

Vaccination can help reduce your risk of infection, severe complications, hospitalization and cardiovascular disease.

Know your options. Several influenza vaccines are recommended for older adults, including high-dose, adjuvanted, recombinant and standard vaccines.

Talk with your healthcare provider and choose the vaccine that's right for you.

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