



**285 Catherine Street**  
**Wingham, ON N0G2W0**  
**T: (519) 357-3930**  
**F: (519) 357-3928**

Subject:	Influenza Vaccination	Date Approved:	April 6, 2009
Approved by:	Executive Director	Date Revised:	November 11, 2014
Specific to:	All staff and Volunteers	Next Review Date:	September 2017

**PURPOSE:**

The NHFHT supports and encourages staff to receive the influenza vaccination yearly. The flu vaccine is to protect employees, patients and prevent the spread of influenza to high risk patients. Getting the Influenza vaccination every year can help prevent the infection or reduce the severity of the illness.

**DEFINITIONS:**

INFUENZA (or flu) is a common respiratory illness affecting millions of Canadians each year. As defined by the Public Health Agency of Canada, it is spread through droplets that have been coughed or sneezed into the air by someone who has the flu. A true case of influenza typically starts with a headache, chills and cough which are followed rapidly by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, water eyes and throat irritation.

**MINIMIZING YOUR RISK:**

- 1. Vaccinate yourself each year in the fall. You can obtain your flu vaccination at your family doctor, local flu clinic or pharmacy.**
  - a. Flu shot is especially important for;
    - i. Children ages 6 to 23 months
    - ii. Adults and children with chronic heart and lung disease
    - iii. Anyone living in a nursing home or chronic care facility
    - iv. People 65 years of age and older
    - v. People with chronic conditions such as diabetes, anemia, cancer, immune suppression, HIV or kidney disease
    - vi. Children and adolescents on long term ASA therapy
    - vii. Health care workers, other caregivers and household contacts capable of transmitting influenza to the above at-risk groups;
    - viii. People at high risk of influenza complications who are traveling to areas where the flu virus is likely to be circulation

**2. Regular hand washing**