

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#)

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Protect yourself and your community against influenza this season

Getting immunized against influenza and COVID-19 is the best way to protect yourself and your community. Vaccines help make your immune system stronger and help build antibodies.

Keeping the number of influenza cases and outbreaks low can help protect ourselves as well as at-risk Albertans and reduce the pressure on our healthcare system.

Influenza is an infection of the nose, throat, and lungs that is caused by a virus. Symptoms start suddenly and may include:

- a fever and chills
- a sore throat or cough
- a headache
- muscle aches
- poor appetite
- feeling tired

Other symptoms may include feeling sick to your stomach (nausea), vomiting (throwing up), or having loose stool (diarrhea). These symptoms are more common in young children. In some cases, influenza can lead to a lung infection (pneumonia) or make other health problems worse. Even healthy, young people can get very sick or die from influenza.

It is important to get the influenza vaccine each year if you:

- have a high risk for influenza

- have close contact with someone who has a high risk, such as family members and caregivers
- are a healthcare provider (it helps protect you and the people you care for)

Immunization, combined with good hygiene, physical distancing, masking and staying home when sick, help prevent the spread of influenza and other respiratory illnesses

Alberta saw 2,906 cases of seasonal influenza, last year, with more than 1.2 million doses of influenza vaccine administered.

Influenza vaccines are available to Albertans six months of age and older, free of charge. AHS encourages all Albertans over the age of five to also get their COVID-19 immunization primary series or booster shot when booking their influenza immunization appointment.

Visit [Alberta's Vaccine Booking System](#), call 811 or your local pharmacist to book an appointment. Some family doctors are also offering flu shots. Call ahead to confirm vaccine availability.

Visit ahs.ca/influenza for more information.