

Waterloo Region Nurse Practitioner-Led Clinic

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Waterloo Region Nurse Practitioner Led Clinic Patient Newsletter

Fall 2020

Article 1

Why is it so important to get a flu shot?

What are symptoms of the flu?

Sudden onset of cough, fever, muscle aches, feeling unwell, chills, headache, loss of appetite, sore throat, fatigue; nausea, vomiting and diarrhea in kids.

How common is it?

- In the world, influenza occurs in 5–10% of adults and 20–30% of children.
- In Canada, prevalent from late fall to early spring

How is it spread?

- Close contact or breathing in droplets from sneezing/coughing/talking; touching contaminated surfaces and then touching eyes/nose/mouth.
- Someone may be contagious **before** they know they are sick.

How do you prevent spread?

Wash your hands! Avoid touching your face! Cover your cough! Stay home if you are sick! Stay away from sick people! *** Get a flu shot! * All those over 6 months and without contraindications can get the flu shot!**



What are complications and who is at risk?

Most people recover within 7 to 10 days; complications include pneumonia, hospitalization, worsening of other conditions and even death. People at risk include:

- Over 65 years of age and those in care homes
- Children between 0 and 59 months of age
- Indigenous peoples
- Weakened immune system/chronic conditions
- Pregnant.

Why is it important to get a flu shot? What about COVID-19?

The flu shot can decrease disease burden and reduce the strain on the healthcare system. This is very important during the COVID19 pandemic. The flu shot does NOT protect against COVID-19.

The flu shot helps to further protect the high-risk people and those who cannot get the vaccine (e.g. newborns) – so that those around them are not sick with the flu.

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Article 2

Is it COVID, the flu, or a cold?

Symptom	COVID	Influenza	Common Cold
Fever	Common	Common	Rare
Shortness of Breath	sometimes	no	No
Cough	Common (usually dry)	Common (usually dry)	mild
Runny/stuffy nose	rare	sometimes	common
Fatigue	sometimes	common	sometimes
Headache	Sometimes	Common	rare
Sneezing	no	no	Common
Sore Throat	sometimes	sometimes	Common
Diarrhea	rare	Sometimes (kids)	no

References:

National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2020–2021. Centre for Disease Control (US). This Flu Season. Preventative Steps. <https://www.cdc.gov/flu/prevent/prevention.htm>
Alberta Health Services COVID Chart. [Ahs.ca/covid](https://ahealthservices.ca/covid)