



Stay on Top of the Flu & Pneumonia

An influenza (flu) infection in the lungs can trigger asthma attacks and a worsening of asthma symptoms, which can also lead to pneumonia and other acute respiratory diseases. Unfortunately, this means that adults and children with asthma are more likely to develop pneumonia after getting the flu. On average, 12,200 Canadians are hospitalized each year because of the flu. Follow these three steps to stay healthy this season.



#1 Healthy Routine

Preventing the flu is very similar to preventing COVID-19. Taking simple steps like regularly disinfecting high-touch surfaces, coughing and sneezing into the bend of your arm, instead of your hand, and washing your hands often with soap and warm water for 20 seconds will make a difference.



#2 Get Your Flu Shot

“Flu shots are recommended annually to help reduce the frequency of asthma exacerbations, as viral and upper respiratory tract infections can both cause asthma episodes and make people with asthma more sensitive to asthma triggers.” — Dr. Susan Waserman, Chair of Asthma Canada’s Medical and Scientific Committee



#3 Know Your Asthma

Use our free [Asthma Action Plan](#) to keep track of your symptoms and recognize when they’re flaring up and getting out of control. If they reach the **red zone**, you need to get medical attention immediately.

[Asthma & Allergy HelpLine](#)

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