

## Influenza resources 2022 – 2023 from the New Brunswick Lung Association

The New Brunswick Lung Association is committed to helping healthcare providers communicate important information and help their patients become proactive through self-advocacy.

Seasonal vaccination remains the most effective way to reduce the risk of hospitalisation and other serious influenza-related complications, and studies have shown that **adults are more likely to get a flu shot when it's directly recommended to them by a trusted professional**. With flu season just around the corner, now is the time to have that conversation.

A table of all vaccine options available in Canada for the 2022-2023 flu season is attached, and can also be viewed online [here](#). (We're especially excited about the addition of a new quadrivalent vaccine tailored for **all adults aged 18 years and older**, to complement the existing publicly funded high-dose (ages 65+) option!) The Canadian National Advisory Committee on Immunization recommends vaccination for all Canadians aged 6 months+, and that persons 65 years of age and older receive the high-dose flu shot.

To help you begin the conversation with your patients, NBLA has created free resources which are available for [download](#) to use in inter-group communication and circulate on social channels. They can also be printed as handouts. The bilingual files are ready-to-use, but please reach out if you require edits tailored for your specific community. ([leah.hempill@nb.lung.ca](mailto:leah.hempill@nb.lung.ca)) We're here for you!

From all of us at NBLA, thank you for caring for our community.