



## Influenza

Surf your way to...

### 1. The Canadian Lung Association—[www.lung.ca/flu](http://www.lung.ca/flu)

The Canadian Lung Association motto is to improve respiratory health. Its purpose is to combat diseases and environmental threats to the lungs.

*This site reviews what to do about influenza, how to differentiate between influenza and the common cold, and how to avoid/control influenza in the workplace.*

### 2. The American Lung Association—[www.lungusa.org/disease/influenza.html](http://www.lungusa.org/disease/influenza.html)

The American Lung Association is the oldest voluntary health organization in the U.S. It is funded by contributions from the public, as well as by grants from corporations, foundations, and government agencies.

*This site provides information on influenza vaccines and the complications of influenza. It also provides prevention/treatment guidelines and a fact sheet.*

### 3. The National Institute of Health—[www.niaid.nih.gov](http://www.niaid.nih.gov)

From the U.S. Department of Health and Human Services.

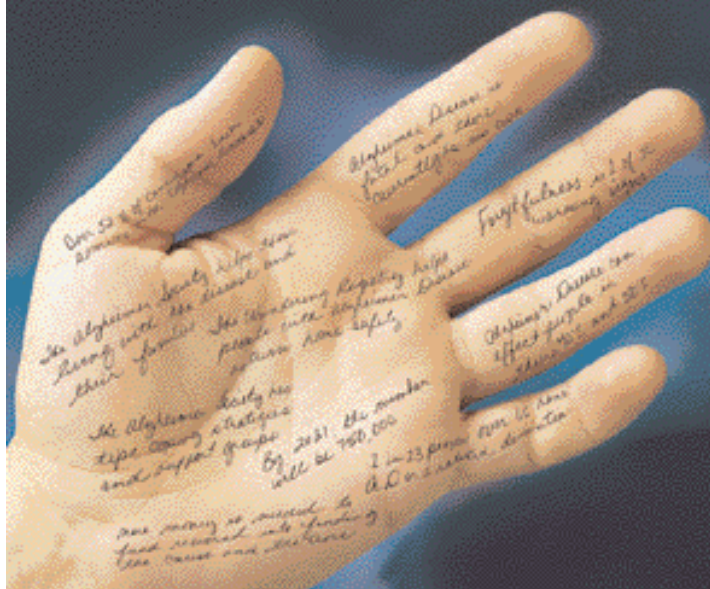
*This site has a link to a short write-up on the transmission of influenza symptoms and treatment options.*

### 4. The Centers for Disease Control and Prevention—[www.cdc.gov/nip](http://www.cdc.gov/nip)

The CDC is the lead U.S. federal agency for protecting the health and safety of people at home and abroad.

*This site provides information on the safety and efficacy of the influenza vaccine.* 

## Remember This...



Remembering is difficult... but even more difficult if you have Alzheimer Disease. A disease, which affects the brain, erases memory, and eventually takes life itself.

The Alzheimer Society provides information, support and funds research into the cause and cure. To find out more contact your local Alzheimer Society.

[www.alzheimer.ca](http://www.alzheimer.ca)  
Help for Today. Hope for Tomorrow.

Alzheimer Society