



Flu
season
is here!

**Protect yourself and
your family – ask your
pharmacist about getting
the flu shot today.**

Courtesy of:



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The most effective way to protect yourself from the flu is to get a flu shot every year.

Speak to your pharmacist for more information.

Who should get the flu shot?

The National Advisory Committee on Immunization (NACI) recommends that everyone six months of age or older who does not have contraindications to the flu vaccine get one each year. A flu shot is especially important for people who are at high risk for other health problems from the flu, people capable of transmitting flu to those at high risk, people who provide essential community services, and poultry industry workers. Examples of those at high risk include:

- people with chronic health conditions or weakened immune systems
- pregnant women
- young children (your pharmacist can vaccinate children age two and older)
- the elderly
- people who live in nursing homes or other chronic care facilities
- Indigenous peoples

How does the flu shot work?

The flu shot stimulates your immune system to build up antibodies against the virus, making your immune system stronger so that it's ready to fight off the illness before it starts.

What if you do get the flu?

- Stay at home if you are not feeling well.
- Wash your hands frequently and well.
- Do not share personal items or drinks.
- Disinfect commonly used surfaces.
- Practice good coughing and sneezing etiquette: cough and sneeze into your sleeve near your elbow, or use a tissue and throw it away promptly after using, and then wash your hands.