

A collection of clear glass vials and a syringe on a light blue background. The vials are arranged in a row, with some in the foreground and others in the background. A syringe is visible in the lower right foreground. The overall scene is clean and clinical.

Flu
season
is here!

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

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?

- people with weakened immune systems
- pregnant women
- young children (your pharmacist can vaccinate children age five and older)
- the elderly
- anyone who takes care of people in any of the above groups

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.

Courtesy of:



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