

BECAUSE IT'S ABOUT HIM TOO

GET VACCINATED.
DON'T SPREAD THE FLU.



TO GET YOUR FREE FLU VACCINE

contact your doctor, pharmacist,
public health nurse or visit Manitoba.ca



Flu

The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

This includes:

- seniors age 65 or older
- children six months to five years
- those with a chronic illness
- pregnant women
- health care workers and first responders
- individuals of Aboriginal ancestry
- people who are severely overweight or obese
- residents of a personal care home or long-term care facility
- or as determined by your health care provider

Flu facts:

The flu is extremely contagious. It can cause serious illness and death.

You cannot get the flu from the vaccine.

To arrange for your flu and pneumo vaccines, contact a public health nurse, doctor, pharmacist, or visit a flu vaccine clinic or nursing station in your area.

Remember to bring your Manitoba Health card.

Pneumo

Pneumo vaccines are available at no charge for individuals in these groups:

- age 65 or older
- homeless individuals
- illicit drug users
- an adult or child with heart or lung disease, or other chronic illness

Pneumo facts:

- Pneumococcal bacteria can cause serious illness, including
 - pneumonia
 - blood poisoning (bacteremia)
 - meningitis
- Most people need only one pneumo vaccine in their lifetime.

If you have any questions about flu or pneumo vaccines, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at

204-788-8200 (in Winnipeg)

1-888-315-9257 (toll-free)



manitoba.ca