

It's flu season...

Get the shot,
not the flu!

Details inside about this year's
seasonal flu and pneumo
immunization programs.

Flu

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

An annual flu shot 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 four 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
- or as determined by your primary health care provider

Flu facts:

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

You cannot get the flu from the flu shot – there is no live virus in the vaccine.

Flu and pneumo shots are available from:

- a doctor
- a local public health nurse
- a flu shot clinic in your area

Remember to bring your Manitoba Health card.

Pneumo

Pneumo shots 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 shot in their lifetime.

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

788-8200 in Winnipeg,

or toll-free

1-888-315-9257

