

It's flu season...

Get the shot, not the flu!

Protect yourself. Protect your friends and family.

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 five years
- those with 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 primary health care provider

If you are 65 or older or have a chronic illness, you should also get a pneumo shot. One pneumo shot may give you a lifetime of protection.

For more information, contact a public health nurse, doctor, pharmacist or call Health Links-Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

See your doctor or attend a flu clinic. Remember to bring your Manitoba Health card.

Location: _____

Date: _____ Time: _____