

# BECAUSE IT'S ABOUT THEM TOO

GET VACCINATED.  
DON'T SPREAD THE 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.

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

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at

**204-788-8200** or toll free **1-888-315-9257**.

Or, attend a flu clinic near you and remember to bring your Manitoba Health card.

Location: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

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