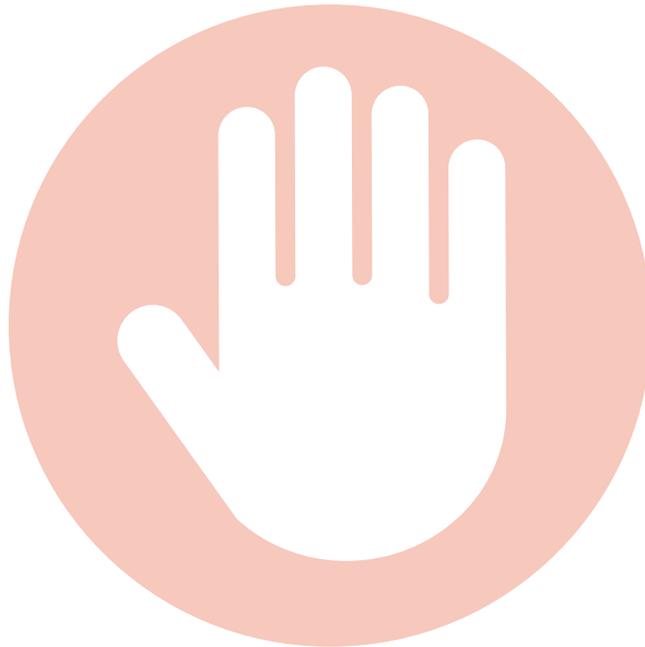


STOP

THE SPREAD OF THE FLU



Adults 65+ are at a higher risk of serious complications from the flu

PROTECT YOURSELF AND THOSE AROUND YOU.

- + Get your flu shot
- + Clean your hands often
- + Cough and sneeze into the bend of your arm, not your hand
- + Stay home if you are sick

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



Public Health
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