

Are you **OVER 65?**

You may be at **INCREASED RISK** of complications from the **FLU.**

The **immune system weakens as we get older**
making it harder to fight off infection.

PROTECT YOURSELF and THOSE **AROUND YOU:**

- Get your flu shot
- Clean your hands often
- Cough and sneeze into your arm,
not your hand
- Keep common surfaces clean
- Stay home if you are sick



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To learn more and to find out where to get your flu vaccine,
talk to your healthcare provider or visit **Canada.ca/flu**



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