

STOP the spread of the Flu

ADULTS 65+ are at INCREASED RISK
of complications from the FLU



PROTECT YOURSELF and THOSE AROUND YOU

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

To learn more and to find out where to get your flu shot,
visit Canada.ca/flu



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada