

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:

- 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



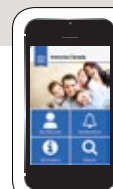
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To learn more and to find out where to get your flu vaccine,
talk to your healthcare provider or visit **Fightflu.ca**



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Use the free
ImmunizeCA
app to keep
track of your
vaccinations