

# FLU

## PREVENTION TIPS



### GET VACCINATED

Influenza is the only respiratory virus preventable by vaccine



### WASH YOUR HANDS

Wash them often with soap and water



### STAY HOME

Stay home a full 24 hours after your fever goes away



### KEEP SANITIZER CLOSE

Use it often and tell children and those around you to do the same



### EXERCISE

It boosts your immune system and speeds recovery from illness



### EAT RIGHT

Eating healthy, balanced meals can strengthen your immune system



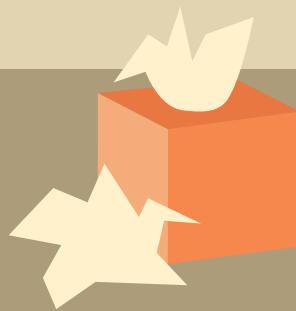
### DON'T TOUCH YOUR FACE

This is the easiest way for germs to get into your body



### SMILE

Studies show that smiling can help boost your immune system



# STOP Flu

the spread of

Dear

The flu season is right around the corner and you can be the next target. It's not too late to get a flu vaccine. Vaccines are safe and the most effective flu prevention. Protect yourself and your loved ones!

**See a health care provider right away if you develop the following symptoms**

Shortness of breath, rapid breathing  
or difficulty breathing



Chest pain



Sudden dizziness or confusion



Bluish or grey skin color



Bloody or coloured mucus/spit



High fever lasting more than  
three days



Regards,

To find out where to get your flu vaccine  
or to learn more about the Influenza

CALL **1800-333-6668**

Monday - Friday  
09:00 AM to 06:00 PM

VISIT  **interactive**  
HEALTH CLINIC

Don't Get the Flu, Get the Flu Shot!



If you have already received  
your annual flu shot, please  
ignore this mailer