

THE TOP REASONS TO GET THE FLU SHOT

1. THE FLU AFFECTS EVERYONE

Vaccination is the most effective way to prevent the flu.

2. THE FLU SHOT PROTECTS YOU FROM GETTING THE FLU

Although the flu vaccine is not 100 per cent effective, it still prevents many illnesses, hospitalization and deaths due to the flu.

3. THE FLU VACCINATION IS SAFE

The flu vaccine is safe. Mild reactions include soreness, redness or swelling where the vaccine was given. Serious reactions are rare.

4. YOU HAVE A CHILD UNDER 5 YEARS OLD

Young children are more susceptible to serious complications from the flu, such as pneumonia, infection and dehydration. Both children and parents need the shot.

5. YOU ARE PREGNANT OR CONSIDERING PREGNANCY

Pregnant women are at a higher risk of developing complications, such as pneumonia from the flu. The flu shot is safe during pregnancy.

6. YOU – OR SOMEONE YOU KNOW – IS OVER 65 OR HAS A LONG-TERM HEALTH CONDITION

A number of chronic health conditions such as diabetes or cancer, are associated with an increased risk of flu-related complications.

7. GETTING THE FLU SHOT IS PART OF A HEALTHY LIFESTYLE

When you get vaccinated against the flu, you build up your immune system, making you stronger and more resistant to the flu virus.

**THE FLU SHOT IS THE MOST EFFECTIVE WAY TO PREVENT THE FLU.
TALK TO YOUR HEALTH CARE PROVIDER TODAY.**



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