

Get
the **Flu Vaccine**
Every Year

Protect yourself and others from the flu:

- ✓ Clean your hands frequently and thoroughly.
- ✓ Keep your hands away from your face.
- ✓ Clean and disinfect surfaces and objects that you touch often.

If you do get sick:

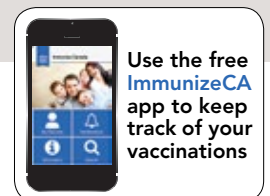
- ✓ Cough and sneeze into your arm, not your hand.
- ✓ Stay home until your symptoms are gone.
- ✓ Clean your hands often to keep from spreading flu to others.

To find out where to get your flu vaccine or to learn more about the ImmunizeCA app, visit Fightflu.ca



Public Health
Agency of Canada

Agence de la santé
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Use the free
ImmunizeCA
app to keep
track of your
vaccinations