

THE FLU: DON'T PASS IT ON

THE FLU VACCINE IS SAFE AND EFFECTIVE

THE FLU CAN BE A SERIOUS DISEASE. The flu is responsible for an average of 12,200 hospitalizations and approximately 3,500 deaths per year in Canada. The flu can affect anyone, including those who are healthy.

The flu vaccine prevents up to 80 per cent of flu infections in healthy individuals and stops you from passing the virus on to others.

Public Health Agency of Canada

You need to get vaccinated every year

- the effects of the flu vaccine can wear off, so you need a booster every flu season
- the flu virus usually changes from year to year, so the vaccine must be updated to protect people fully

Prevent the spread of flu

- get your flu shot
- clean your hands often
- cough and sneeze into your sleeve, not your hands
- stay home if you are sick

Book an appointment at a Memorial flu vaccine clinic.

www.mun.ca.

