



Tehsakotitsén:tha  
Kateri Memorial Hospital Centre

**DON'T SPREAD THE FLU,  
GET THE FLU SHOT!**

## **Spread joy this holiday season, not the flu!**

**Did you know that once you get the flu shot, it can take up to two weeks for your body to build immunity against the flu? Get your flu shot as soon as possible to be ready for the holidays season!**

In Canada your risk of getting the flu is higher in the late fall and winter, and everyone is at risk of getting it. Each year, the flu is among the 10 leading causes of death in Canada and causes an estimated 12,200 hospital stays and 3,500 deaths across the country.

Some people are at a higher risk of flu-related complications. These include:

- people with health conditions
- people 65 years and older
- people who live in nursing homes or other long-term care facilities
- children under 5 years of age
- pregnant women or those planning to get pregnant

**The flu shot is safe and is the best way to prevent the flu. Everyone 6 months and older should get the flu shot.** You cannot get the flu from the flu shot. Most people do not have any side effects. Severe reactions are very rare. When you get the flu shot, you protect yourself, and those around you.

**In addition to getting the flu shot, you can also protect yourself and those around you from the flu by:**

- not touching your face
- washing your hands often
- coughing and sneezing into the bend of your arm, not into your hand
- cleaning and disinfecting surfaces that a lot of people touch, such as phones, doorknobs and television remotes

**If you do get sick, stay home.** Avoid close contact with other people until you feel well enough to get back to your usual day-to-day activities. This will help prevent the spread of the flu.

For more information on the flu, such as knowing the difference between cold and flu, and to access awareness resources, visit the [Canada.ca/Flu](http://Canada.ca/Flu) Web page.

Also, view and share Shannon's story, who tells how the flu almost took her son away from her, on the Healthy Canadians Facebook page.