



STOP THE SPREAD OF THE FLU!



Get your flu shots to stay healthy and avoid the flu this season.



Wash your hands well and often in warm, soapy water or use hand sanitizer.



Cough and sneeze into your arm – not into your hands.



Stay in your house if you experience any flu symptoms. Call your Health Centre for advice.

Call your Health Centre or visit www.fightflu.ca for more information on flu prevention.



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Department of Health and Social Services
Ministère de la Santé et des Services sociaux