

It's Flu Season

Did you know **KIDS UNDER 5** are at higher risk of serious complications (like pneumonia) from the **flu**?

Their immune systems are still developing making infections harder to fight off.

To prevent getting or spreading the flu:

1

Each year get a flu vaccine

for everyone over 6 months of age

2

Teach your kids to:

Clean their hands

frequently and thoroughly

Cough and sneeze **into their arm**, not their hand

Keep their hands **away** from their face

3

Keep common surface areas clean and disinfected

4

If you or your child get sick, stay home



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



Public Health
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Use the free
ImmunizeCA
app to keep
track of your
vaccinations