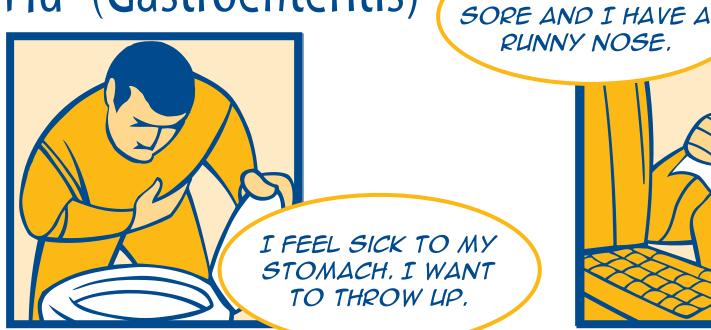
Had influenza (flu) lately?

Maybe not. Influenza is not the same as the stomach "flu" or a cold.

Influenza (Flu)

Stomach "Flu" (Gastroenteritis)





- high fever and cough
- muscle aches and pains
- extreme exhaustion
- sore throat
- yearly flu vaccine and hand washing provide protection

- stomach cramps
- vomiting and diarrhea
- yearly flu vaccine **does not** provide protection
- frequent hand washing can help protect health



MY THROAT IS

- runny or stuffy nose
- hacking cough and sore throat
- yearly flu vaccine **does not** provide protection
- frequent hand washing can help protect health

The yearly flu shot only protects against influenza, not other illnesses.

British COLUMBIA The Best Place on Earth

Cold

To get your flu shot, talk to your doctor, public health nurse or BC NurseLine, or visit www.health.gov.bc.ca/pho/influenza.html For more information, contact BC NurseLine at 1866215-4700 or 604215-4700 for Vancouver.