

Get the shot ...not the flu!

And

protect with a pneumonia shot too.

Details inside on Manitoba Health's free flu and pneumonia immunization programs for those most at risk.

infohealth preventing illness and injury in Manitoba **Manitoba** 

THE  **LUNG ASSOCIATION™**
Manitoba

flu

You should get a free flu shot every year if you are:

- age 65 or older;
- a child age six to 23 months;
- an adult or child with heart or lung disease, or other chronic illness;
- a health care worker;
- a household contact of someone under age two, or 65 years of age and older.

Flu facts:

- The flu is extremely contagious. It can cause serious illness and death.
- You cannot get the flu from the flu shot – there is no live virus in the vaccine.
- Taking herbal supplements, eating well and exercising cannot prevent the flu.

pneumonia

You should get a free pneumonia shot if you are:

- age 65 or older;
- an adult or child with heart or lung disease, or other chronic illness.

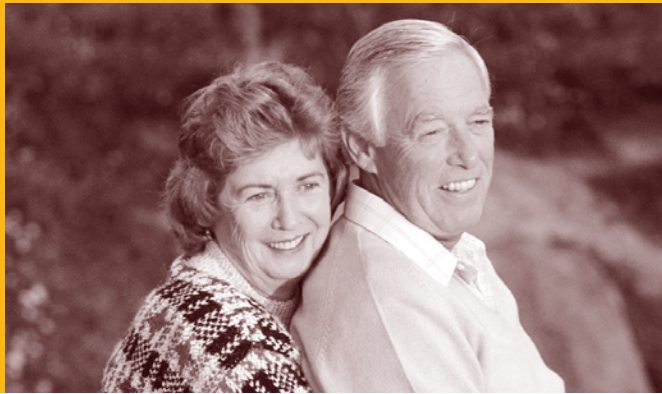
Pneumonia facts:

- Pneumococcal (pronounced NEW-MOW-COK-AL) bacteria can cause serious illness, including
 - pneumonia,
 - blood poisoning *and*
 - meningitis.
- Most people need only one pneumonia shot in their lifetime.

Free flu and pneumonia shots are available from:

- your doctor
- your public health nurse

Remember to bring your Manitoba Health Card.



If you have any questions about flu or pneumonia immunization, contact your public health nurse, doctor, pharmacist or call Health Links / Info Santé at :

788-8200

in Winnipeg or toll-free

1-888-315-9257

www.gov.mb.ca/health