

# Don't Let the **Flu** Get You.



## Get Your Flu Shot!

The flu shot is safe and effective — and it's **FREE** for :

- People 65 and older
- Children and adults with chronic health conditions and their household contacts
- Health care workers
- Emergency responders
- Healthy children aged 6-23 months
- Household contacts and caregivers of infants aged 0 - 23 months
- Pregnant women in their 3rd trimester
- Residents of nursing homes and other chronic care facilities
- People who work with poultry and swine

It's your **best protection** against the flu. Protect yourself and others from the flu bug. Talk to your doctor, local health unit or the BC NurseLine at: (604) 215-4700 in Greater Vancouver, 1 866 215-4700 toll-free or 1 866 889-4700 for the deaf or hearing impaired.



Ministry of  
Health