

# Get the shot, not the flu!

And protect with a  
pneumococcal shot too.

## 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 first responder (police officer, fire fighter, paramedic)
- a household contact of someone under age two, or 65 years of age and older
- pregnant (regardless of trimester or due date)

### 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.

## Pneumococcal

You should get a free pneumococcal shot if you are:

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

### Pneumococcal facts:

- Pneumococcal bacteria can cause serious illness, including
  - pneumonia,
  - blood poisoning (bacteremia) *and*
  - meningitis.
- Most people need only one pneumococcal shot in their lifetime.



## Are you at risk?

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

## Free flu and pneumococcal shots are available from:

- a doctor
- a local public health nurse or
- a flu shot clinic in your area

Remember to bring your Manitoba Health card.

If you have any questions about flu or pneumococcal 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**