

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:

- + Everyone over 6 months of age should get a flu vaccine every year
- + Teach your kids to:
 - > Clean their hands frequently and thoroughly
 - > Cough and sneeze into their arm, not their hands
 - > Keep their hands away from their face
- + Keep common surface areas clean and disinfected
- + If you or your child get sick, stay home



TO LEARN MORE AND TO FIND OUT WHERE TO
GET YOUR FLU VACCINE VISIT **CANADA.CA/FLU**

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