

Are you **OVER 65?**  
You may be at **INCREASED RISK**  
of complications from the **FLU.**

Your **immune system weakens** as you get older  
making it harder to fight off infection.

**PROTECT YOURSELF:**

- Get your flu shot
- Clean your hands often
- Cough and sneeze into your arm,  
not your hand
- Keep common surfaces clean
- Stay home if you are sick



To learn more and to find out where to get your flu vaccine,  
talk to your healthcare provider or visit **Canada.ca/Flu**



Public Health  
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