

# LOWER YOUR FLU RISK



## FLU SEASON IS HERE. GET THE FLU SHOT AS EARLY AS POSSIBLE.

The first and best step to prevent influenza, the flu, is to get the flu shot every year. The flu is contagious and anyone can get it. Getting the flu shot can protect you, your family and those around you.

The flu shot is especially important for people who are at **high risk** of flu-related complications, and for people in contact with those at high risk, including:

- All children six months to five years of age
- People 65 years of age and older
- All pregnant women
- People with chronic health conditions (including diabetes, heart or lung disease, conditions affecting the immune system, neurodevelopmental conditions)

It is important to get the flu shot as early as possible as it can take nearly **two weeks** for the vaccine to provide the greatest protection.

In addition to getting the flu shot, here are some other health tips that can help prevent the spread of the flu:



Wash your hands well and often with either soap and water or alcohol based hand rub (don't forget to wash your wrists, under your fingernails and in between your fingers).



Cough or sneeze into your sleeve or cover your mouth and nose with a tissue and throw the tissue out immediately. Wash your hands afterwards.



Avoid touching your eyes, nose and mouth.



Avoid large crowds and stay home when you are sick.



Clean and disinfect surfaces and shared items.

To learn more about the flu and flu vaccine, visit [york.ca/flu](http://york.ca/flu)

**PUBLIC HEALTH**

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