

## Flu Season is on its way – are you ready?



Flu season is nearly here. Be prepared by getting the flu shot as early as possible.

The first and best step to preventing influenza (the flu), is to get the flu shot every year. Influenza spreads quickly and easily from an infected person to others.

Everyone six months of age and older can get the flu shot.

Flu shots are available at:

- Health care provider's offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

Visit [ontario.ca/flu](http://ontario.ca/flu) to find where you can get the flu shot.

### How can the flu be avoided?

- Get the flu shot!
- [Wash your hands](#) well and often with soap and warm water. If soap and water are unavailable, use an alcohol-based [hand sanitizer](#)
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out immediately. Wash your hands afterward. Cough into your upper sleeve if you don't have a tissue.
- Avoid touching your eyes, nose and mouth
- Avoid large crowds and stay home when you are sick
- Keep common surfaces and items clean and disinfected

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