



Get
your
flu
shot
today

6 Flu facts



learn more at immunize.ca

the flu



While a mild flu is like a cold, it is usually **much worse** and complications can be severe (**in Canada each year 12,000 people are hospitalized** and 3,500 die from complications).



the vaccine is training wheels for your body

Two weeks after getting the vaccine, your body will have created enough antibodies to fight off the strains of the flu it covers.



it can't make you sick

It's NOT a live vaccine. If you get sick right after it's because you already were sick (this is cough and cold season after-all).



less than 100% is better than 0%

In some years, the vaccine is less than 50% effective, however, that still decreases your odds of getting the flu by 50%, more importantly, it means **you're less-likely to pass the flu along**.



it's not all about you

While you may be able to fight it, **those with weaker immune systems may not:** children and the elderly, pregnant women, those with diabetes, heart or lung conditions, or on chemotherapy.



no flu yet doesn't mean no flu ever

We don't wear seat belts because we've been in an accident: we wear them to decrease the severity of future/possible accidents.

Seatbelts save lives, just like the flu vaccine.

During flu season **wash your hands frequently** and sneeze into your elbow.