

FLU PREVENTION TIPS

Visit
Vaccines411.ca
to find the vaccinating
clinic closest
to you.



STAY HOME

If you are sick, stay home and avoid coming in contact with other people until your symptoms disappear.



GET VACCINATED

Getting vaccinated every year is the best protection against the flu.



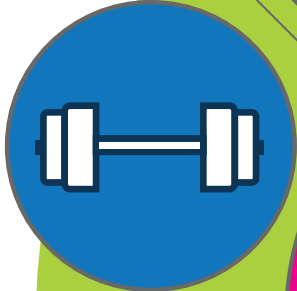
WASH YOUR HANDS

Wash them often with soap and water.



EXERCISE

Do physical activities to keep your immune system strong.



KEEP SURFACES CLEAN

Keep common surfaces and items clean and disinfected.



Did you know that up to
1 BILLION
people worldwide
GET THE FLU
every year?

EAT RIGHT

Eating healthy, balanced meals can strengthen your immune system.



SMILE

Studies show that smiling can help boost your immune system.



AVOID TOUCHING YOUR FACE

Touching your eyes, nose or mouth are the easiest ways for germs to get into your body.

