FLU SHOTS

Flu season is here and getting the flu vaccine is the best way to protect yourself against the flu and to help prevent its spread throughout the community.

Influenza can cause severe illness, hospitalization and even death.

The flu vaccine is FREE for all Nova Scotians who are 6 months of age and older.

The flu vaccine is available at:
* Your family doctor office
* Walk-In Clinics
* Pharmacy (given by a pharmacist)

Any questions or concerns –Please see Lynda in the YHC or call 902- 464-2457 Ext: 4001127

DID YOU GET YOUR FLU SHOT?

Tips to protect yourself & others from the Flu:

Get your flu shot
Getting the flu shot is one of the most effective ways to prevent catching & spreading the flu
Flu shots are available at your Family Doctor's office, Walk-In clinics, any Pharmacy, and Public Health Clinics.

Wash your hands often
Wash hands after coughing, sneezing or using articles shared by others such as computers, cell phones etc.

Keep your hands away from your face
Cough & sneeze into your arm or sleeve, not your hands

Keep common surface areas clean and disinfected
Such as counters, desks, tables etc.

If you get sick, stay home

Q & A:

What is Influenza?
Influenza is a highly contagious viral infection of the nose, throat, bronchial tubes and lungs.

What are the symptoms of the Flu?
Fever
Chills
Headache
Muscle aches & joint pain
Sore throat
Runny nose
Fatigue

Can I get the Flu from getting the flu shot?
No – all viruses in the vaccine are killed, so the vaccine (flu shot) cannot infect anyone