

# SHARE TRADITIONS, NOT THE FLU



**Adults 65 years and older are at higher risk of complications from the flu.**

Contact your health centre or local healthcare provider to find out how to get your flu shot.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)

Protect yourself, your family and your community:



Get the flu vaccine every year



Clean your hands often



Cough and sneeze into your arm



Keep shared surfaces and objects clean



Stay home and away from others if you feel sick

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