

PLAN TO GET YOUR FLU SHOT

Getting your flu shot **helps save lives and helps our health care system** by reducing the number of people who need medical care.

About the flu

- + The flu is very contagious and can spread quickly and easily.
- + Some people with the flu only get mildly ill. Others, like those over 65 years and young children, can get very sick.

Who should get the flu shot?

- + Everyone 6 months and older should get the flu shot. It's especially important for people at high risk of health complications from the flu and COVID-19, and for people who can spread the flu to them.

The flu shot is safe

- + You can't get the flu from the flu shot.
- + Serious side effects from the flu shot are very rare.

The flu shot works

- + You should get the flu shot even if you've already had the COVID-19 vaccine. The COVID-19 vaccine doesn't protect you from the flu.
- + Being protected from both the flu and COVID-19 lowers your risk of severe health complications.

To learn more visit Canada.ca/flu

