

working together

for your health



ActNowBC

Don't spread those flu bugs

You don't want to be one of the more than 7,000 people who die from influenza in Canada every year! Nor do you want to spread influenza to a vulnerable loved one!

Be smart - get a flu shot!

People who are at high risk of becoming dangerously ill from the flu can get a free flu shot. So can the people who care for them. What are you waiting for?



Don't be fooled: influenza can kill. It is NOT just a head cold or stomach bug. By getting a flu shot you are protecting your baby, your grandparents, your neighbours and friends.

Still unsure? Ask a public health nurse or your doctor about a flu shot. It could save a life.



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