

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.



As well as getting a flu shot, the simple task of washing your hands regularly can help keep bugs at bay. Fraser Health's Public Health Units can provide more information about hand hygiene (see phone numbers on page 2).



Visit our website at www.fraserhealth.ca

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Am I on the list for free vaccine?

Yes, if

- ▶ You or someone you care for is over 65
- ▶ You or someone you love has a chronic health condition
- ▶ You are aged 6-23 months or live with someone that age
- ▶ You work in health care, nursing homes, or at a poultry or pig farm
- ▶ You are pregnant and going to be in your third trimester during flu season (November to April)

Think you might be eligible for a free flu shot? Your local Public Health Unit can provide the answer.

Looking for more information?

Check out these sources:

Call BC NurseLine

Toll-free in BC 1-866-215-4700
In Greater Vancouver 604-215-4700
Deaf and hearing-impaired 1-866-889-4700

- ▶ Check out BC Healthguide which is available online or at local pharmacies or government offices. It is also available in French, Chinese or Punjabi.
- ▶ Immunize BC has a useful website:
www.immunizebc.ca
- ▶ Contact your physician

Public Health Units

Abbotsford	(604) 864-3400
Agassiz	(604) 793-7160
Burnaby	(604) 918-7605
Chilliwack	(604) 702-4900
Cloverdale	(604) 575-5100
Delta-North	(604) 507-5400
Delta-South	(604) 952-3550
Guildford	(604) 587-4750
Hope	(604) 860-7630
Langley	(604) 539-2900
Maple Ridge	(604) 476-7000
Mission	(604) 814-5500
New West.	(604) 777-6740
Newton	(604) 592-2000
Port Coquitlam	(604) 777-8700
Surrey-North	(604) 587-7900
Tri Cities	(604) 949-7200
White Rock	(604) 542-4000



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