

# FLU SEASON IS HERE

**Get the flu shot as early as possible**



The first and best step to preventing the flu (or influenza), is to **get the flu shot every year**. The flu spreads quickly and easily from an infected person to others and anyone can get it. Getting the flu shot can protect you, your family and those around you.

Students may be at higher risk of getting the flu as they come together in close public spaces including the classroom, gymnasium, lunch room and library.

The flu shot is especially important for students who have a chronic condition (e.g. asthma, diabetes) or those who live with or have close contact with a pregnant woman, kids less than five years old, or a resident of a nursing home or other chronic care facility since these groups are at higher risk of getting very sick or being hospitalized because of the flu.

Flu shots are **free** and are readily available at:

- Health care provider's offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

In addition to getting the flu shot annually, here are some other health tips that can help prevent the spread of the flu:

- Wash your hands well and often with either soap and water or alcohol based hand rub
- Cover your mouth and nose when you cough or sneeze (if you do not have a tissue, cough into your upper sleeve)
- Avoid touching your eyes, nose and mouth
- Stay home when you're sick
- Clean and disinfect surfaces and shared items

It's important to get the flu shot as early as possible as it can take nearly **two weeks** for the influenza vaccine to take full effect.

To learn more about flu and flu vaccine, visit [york.ca/flu](http://york.ca/flu).

## PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/flu](http://york.ca/flu)

York Region