

# THE FLU VACCINE CAN SAVE YOUR LIFE!

THE INFLUENZA VIRUS ENTERS YOUR BODY THROUGH YOUR

- EYES
- NOSE
- MOUTH

IT'S HIGHLY CONTAGIOUS!

YOU CAN CATCH IT FROM INFECTED PEOPLE WHO COUGH, SNEEZE, OR EVEN JUST TALK AROUND YOU



THE FLU VIRUS ATTACKS THE LUNGS & CAN CAUSE DEATH, ESPECIALLY FOR THOSE OVER 65 OR THOSE PEOPLE WITH CHRONIC CONDITIONS

## DEFEND YOURSELF!

LOWER YOUR CHANCE OF GETTING THE FLU OR OF GETTING SEVERELY SICK FROM IT

GET YOUR FLU SHOT EVERY YEAR



GET VACCINATED BETWEEN SEPTEMBER & OCTOBER TO PROTECT YOURSELF DURING FLU SEASON

IT PROTECTS YOU & THE PEOPLE IN YOUR LIFE



ESPECIALLY IF YOU ARE OVER 65, LIVING OR WORKING IN CARE FACILITIES OR ARE LIVING WITH CHRONIC CONDITIONS, CANCER OR HEART DISEASE

**MYTH DEBUNKED:**  
THE FLU VACCINE DOES NOT GIVE YOU THE FLU, NOR DOES IT INCREASE YOUR RISK FOR GETTING SICK WITH OTHER RESPIRATORY ILLNESSES LIKE COVID-19.

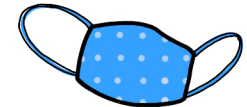
★ STAY HOME IF YOU SUSPECT YOU ARE SICK



★ PRACTICE COUGH & SNEEZE ETIQUETTE



EVEN IF YOU HAVE A MASK ON



★ WEAR MASKS OVER YOUR NOSE AND MOUTH

★ EAT HEALTHY FOODS

FRUITS AND VEGETABLES, ALONG WITH VITAMINS C, D & ZINC, HELPS BOOST YOUR BODY'S DEFENSE SYSTEM



★ DRINK PLENTY OF FLUIDS ESPECIALLY WATER



★ EXERCISE & DO HOBBIES IT LOWERS STRESS LEVELS



# PREVENT GETTING COVID-19 & OR FLU

**YOU CAN CATCH BOTH AT THE SAME TIME!**

**GET TESTED**  
IF YOU SUSPECT YOU MIGHT HAVE FLU OR COVID-19

★ **FLU VACCINES**  
LOWER YOUR CHANCE OF GETTING THE FLU OR OF GETTING SEVERELY SICK FROM IT

**GET VACCINATED!**  
ESPECIALLY IF YOU ARE OVER 65, LIVING/WORKING IN CARE FACILITIES OR ARE LIVING WITH CHRONIC CONDITIONS, CANCER OR HEART DISEASE

IF YOU HAVE A FEVER OR HAVE HAD AN ALLERGIC REACTION TO THE FLU VACCINE IN THE PAST, YOU SHOULD NOT GET ONE

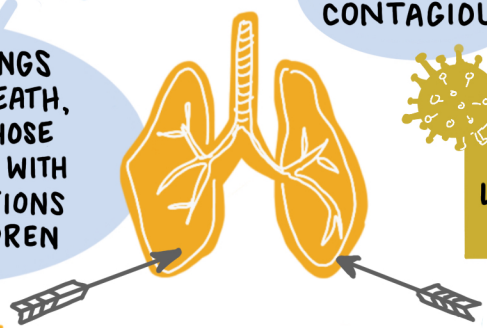
## BOTH VIRUSES

ENTER YOUR BODY THROUGH YOUR EYES, NOSE OR MOUTH.

ARE HIGHLY CONTAGIOUS

ATTACK THE LUNGS & CAN CAUSE DEATH, ESPECIALLY FOR THOSE OVER 65, PEOPLE WITH CHRONIC CONDITIONS OR ARE CHILDREN

CAN HAVE LONG-TERM EFFECTS SUCH AS KIDNEY, LUNG, LIVER & HEART DAMAGE OR DIABETES



## FLU

### SIMILAR SYMPTOMS:

## COVID-19

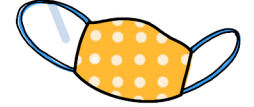
- **COUGH**
- FEVER/CHILLS
- HEADACHES
- BODY ACHES/MUSCLE PAIN
- FATIGUE
- VOMITING & DIARRHEA
- SORE THROAT
- DRY COUGH
- HICCUPS
- DIFFICULTY BREATHING
- LOSS OF TASTE
- LOSS OF SMELL

DIFFERENT SYMPTOMS

## PREVENTION IS BETTER THAN TREATMENT

★ PRACTICE COUGH & SNEEZE ETIQUETTE

★ WEAR MASKS OVER YOUR NOSE AND MOUTH



★ PRACTICE GOOD HAND HYGIENE



★ KEEP YOUR IMMUNE SYSTEM STRONG

EXERCISE



GOOD NUTRITION



SLEEP ZZZZZZZ

★ STAY HOME IF YOU SUSPECT YOU ARE SICK OR HAVE BEEN AROUND SOMEONE WHO IS

