

Flu season is typically November to April each year.

Each year many people get sick with influenza, which can lead to more serious health complications like pneumonia. ***Influenza vaccines are recommended as the best way to prevent the flu*** and are free for all First Nations and Aboriginal peoples at home and away from home (on and off reserve).

Some other important ways to avoid getting influenza:

- Wash your hands!
- Cover your sneeze/cough in a tissue or your sleeve.
- Throw tissues out right away!
- Keep household and work surfaces clean.
- Avoid touching your eyes, nose and mouth.
- Keep your distance from people who are sick.
- If you are feeling sick... stay home!

Remember: Elders and infants are especially vulnerable to the flu virus. By choosing to get immunized, you're protecting your community and loved ones.

Free flu shots for First Nations and Aboriginal people are available at your health centre or nursing station and can also be obtained in physicians' offices or pharmacies. The flu vaccine is safe and effective for First Nations people.

**For more information on influenza,
visit us online www.fnha.ca**



First Nations Health Authority
Health through wellness

Questions?

Contact your Community Health Nurse at your health centre or nursing station.