

What is the flu?

Seasonal influenza (flu) is a common and highly contagious respiratory infection that affects the nose, throat and lungs. Protect yourself and others by getting an annual flu shot or nasal spray.

Who should get the flu shot or spray?

While it's recommended that most people get immunized, the flu vaccine is especially recommended for people in these following groups;

- People with chronic conditions
- People with morbid obesity
- People who are residents of nursing homes and other chronic care facilities
- People age 65 and older
- Pregnant women
- Aboriginal peoples

Speak to your pharmacist about the flu vaccine today.