

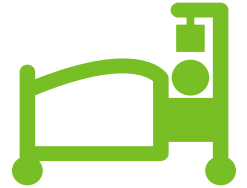


Flu Facts

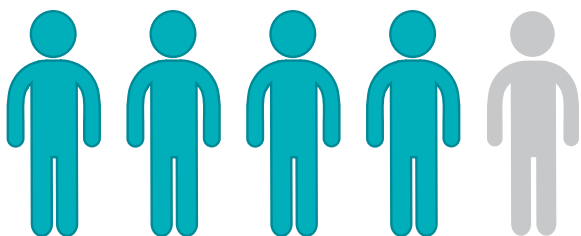


The flu shot is safe and effective.
It cannot give you the flu.

Every year, Albertans die or
are hospitalized by the
influenza virus.



The influenza virus changes (mutates) each year and is
mainly spread by respiratory droplets when you cough,
sneeze or talk. Getting immunized every year is the best
defence to protect yourself against influenza.



OUR GOAL IS FOR AT LEAST
4 OF 5 WORKERS
TO GET A FLU SHOT THIS SEASON.

It is possible to be
infected by more than
one different strain of
influenza in a single

season. **Influenza is a
vaccine-preventable illness**

and immunization protects you against
multiple strains.



You can spread Influenza before your symptoms start.

Get immunized to protect yourself and prevent being reassigned
to another unit or restricted from work if an influenza outbreak
is declared. **No patient should get influenza while in our care.**



HELP FIGHT FLU

- Get immunized!
- Stay home when sick
- Wash your hands often
- Cover coughs and sneezes
- Avoid touching your eyes, nose or mouth
- Get plenty of fluids and rest

DO YOUR PART: SAVE LIVES, GET IMMUNIZED.