



First Nations Health Authority  
Health through wellness

# THE FLU SHOT

## A healthy choice



### Flu season typically runs from November to April each year.

Influenza (the flu) is a dangerous respiratory illness that can lead to serious health complications and even death. Getting vaccinated is recommended as the best way to prevent influenza.

#### THE FLU SHOT IS:

##### HEALTHIER



**It's important to get the flu shot every year.** Keeping our bodies healthy makes it easier to fight off respiratory illnesses, such as COVID-19 and pneumonia.

##### SAFE



**The flu shot is tested extensively for effectiveness and for safety.** The vaccine prevents serious illness or hospitalization from the flu.

##### FOR EVERYONE



**Everyone over the age of six months should be immunized.** Elders (65+) and children under five are at the highest risk of hospitalization from flu complications.  
**The flu shot is free for all First Nations people in British Columbia.** Contact your local health centre, nurse practitioner, or pharmacy.



**MASK UP.**



**LATHER UP.**



**SLEEVE UP FOR THE FLU SHOT.**

For more information, visit [www.fnha.ca/flu](http://www.fnha.ca/flu)