

Flu season is typically November-April every 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!**
Wash hands frequently with soap and water for at least 20 seconds.
- **Cover your sneeze/cough!**
Into a tissue or your sleeve and not your hands.
- **Throw tissues out right away.** Just do it.
- **Keep it clean.**
Ensure commonly touched household surfaces are kept as clean as possible.
- **Don't touch.** Avoid touching your eyes, nose or mouth.
- **Keep your distance.** Avoid close contact with people who are sick.
- **If you are feeling sick...STAY HOME.**
Please don't share your germs - stay home from work or school and call your local health care provider or HealthLink at 811.

Free flu shots for First Nations and Aboriginal people are available at your Health Centre or Nursing Station, and can also be obtained in physician's offices or pharmacies. When you take care to avoid the flu you are not only protecting yourself, but also your family and community.

For more information on influenza including FAQ's, Regional Health Authority links, and more, visit us online www.fnha.ca

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First Nations Health Authority
Health through wellness

Community Clinic Information