GET YOUR FLU SHOT TODAY. EARLY IMMUNIZATION IS THE MOST EFFECTIVE WAY OF PREVENTING THE FLU.

When the vaccine is a good match to the circulating flu strains, 60% to 80% of healthy children and adults can prevent the flu with the flu shot.

The flu can lead to 1,000 hospitalizations and approximately 300 deaths in Ontario annually.

Every year, Ontario’s flu shot program prevents 30,000 visits to hospital ERs + 200,000 visits to doctors’ offices.

Rates of flu infection are highest in kids 5-9 years old, but rates of serious illness and death are highest in children under 2, adults 65+.

In Canada, almost all flu cases occur between November and April.

The flu causes runny/stuffy nose, cough, fever, muscle aches and fatigue, starting 1-4 days after exposure to the virus.

Approximately 2000 Ontario pharmacies will offer the flu shot this season.

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It takes about 2 weeks after getting the flu shot to develop protection. Protection can last up to 1 year.

Unless there is a medical reason not to, everyone 6 months or older can benefit from getting the flu shot.

The flu causes:
- Runny/stuffy nose
- Cough
- Fever
- Muscle aches and fatigue
- Starting 1-4 days after exposure to the virus

Rates of flu infection are:
- Highest in kids 5-9 years old
- But rates of serious illness and death are highest in children under 2, adults 65+

Flu cases occur in Canada between:
- November and April
- Most influenza occurs in a 10-16 week period that usually starts in December, but can start at any time from late October to mid-February

Flu shot protection lasts up to 1 year.

Flu shot this season:
- 2000 Ontario pharmacies

Ontario

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