

INFLUENZA

KEEP YOUR ANTI-VIRUS PROTECTION UP TO DATE.

The ministère de la Santé et des Services sociaux recommends an annual vaccination in order to protect you and those you care about.

Free vaccination

The vaccination is free for people at risk of complications such as:

- ☼ Persons aged 60 years and older;
- ☼ Children 6 to 23 months;
- ☼ Those suffering from a chronic illness.

Those who come into regular contact with these groups, as well as health care workers can also receive the vaccination for free.

If you are 65 years or older, or if you suffer from a chronic illness, you should also ask for your free vaccination against pneumococcal infections. Getting this vaccination is usually required only once.

To receive your vaccine, contact your doctor or the CLSC at your health and social services center.

www.msss.gouv.qc.ca/influenza

Influenza is a serious disease

Influenza, also known as the flu, is a contagious infection of the respiratory system. It can cause a high fever, dry cough, severe fatigue, and can keep you from your daily routine. For people at risk of complications because of their age or state of health, the consequences can be much more serious, such as contracting pneumonia, which can lead to hospitalization or death, hence the importance of getting vaccinated.

Vaccination is safe and efficient

Contrary to popular belief, the vaccine is safe and contains no living viruses. You cannot catch the flu by getting vaccinated. The vaccination can't protect you from regular viruses such as the common cold, which is often confused with the flu.

Annual vaccination is the best way to protect you against flu

Annual vaccination is the best way to protect you during the flu season. The vaccine is updated every year in order to effectively battle the viruses in circulation.

Health tips

- ☀ As well as getting vaccinated, washing your hands with soap and water on a regular basis is an excellent way to reduce the likelihood of infection and infecting others. If you don't have access to a sink, antibacterial hand sanitizer is recommended.
- ☀ If you do not have a tissue, turn your face into your shoulder or the bend of your elbow to sneeze or cough. Doing so helps prevent others from getting sick around you.
- ☀ If you are ill, avoid visiting the elderly or those suffering from a chronic illness.

For more information, visit our Website at the following address:
www.msss.gouv.qc.ca/influenza

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