



ALEX'S FLU

**WHEN IT  
COMES TO  
THE FLU,  
WE'RE NOT  
ALL THE  
SAME.**

MICHAEL'S FLU

If you have a chronic illness (diabetes, immune system disorder, cardiovascular, respiratory or kidney disease) or are 75 or older, you are at risk of developing flu-related complications.

Vaccination,  
the best protection

**GET VACCINATED.**  
**Québec.ca/vaccingrippe**

Québec 