

# KEEP YOUR DISTANCE FROM

# THE FLU

GET VACCINATED IF YOU LIVE WITH A CHRONIC ILLNESS  
like diabetes, an immune disorder or a cardiovascular, respiratory or kidney disease.

Vaccination,  
the best protection

[sante.gouv.qc.ca](http://sante.gouv.qc.ca)

ENSEMBLE   
on fait avancer le Québec

Québec 