

Fight the Flu 2020-2021



Reduce your risk of hospitalization

Reduce your risk of severe illness

The Flu vaccine can be lifesaving

Protect not only YOU, but those around you

Benefits of the Flu Vaccine

For more detailed information on benefits of the flu vaccine: <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>

COVID and the Flu

Due to COVID-19, getting your flu shot is more important now than ever

Quick Facts About the Flu/COVID*



There is a risk of catching both the flu and COVID



Loss of smell/taste is common only with COVID, not the flu



Masks, Cleanliness, Distance will help protect you from both COVID and the flu



12,200 people are hospitalized for the flu each year in Canada



Stay home if you have symptoms of the flu or COVID



Getting the flu shot can prevent the flu and minimize its symptoms if you do contract it

The Flu Shot Is More Important Than Ever

1 We can save lives by making sure that enough resources are available and hospitals aren't overloaded

2 To protect yourself and others from the additional health burden of the flu



Are You Eligible For A Free Vaccination?



1

Those who are at higher risk of complications

- People older than 6 months who have certain chronic diseases
- Pregnant women, in the 2nd and 3rd trimesters of their pregnancy
- People aged 75 and over.

2

Those who are are in contact with high risk individuals

- Family members who live in the same household of a child under 6 months of age or a person at higher risk of being hospitalized and to their caregivers
- Health care workers

3

Others

- Healthy children from 6 to 23 months old
- Healthy people from 60 to 74 years old

For detailed information please see:

<https://www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program/eligibility/>

Where to Get Your Vaccine



1. Available in integrated health and social services centres (CISSS) or integrated university health and social services centres (CIUSSS). CISSS and CIUSSS are available at following regions:

- 01 - Bas-Saint-Laurent
- 02 - Saguenay – Lac-Saint-Jean
- 03 - Capitale-Nationale (Québec)
- 04 - Mauricie-et-Centre-du-Québec
- 05 - Estrie
- 06 - Montréal
- 07 - Outaouais
- 08 - Abitibi-Témiscamingue
- 09 - Côte-Nord

- 10 - Nord-du-Québec
- 11 - Gaspésie-Îles-de-la-Madeleine
- 12 - Chaudière-Appalaches
- 13 - Laval
- 14 - Lanaudière
- 15 - Laurentides
- 16 - Montérégie
- 17 - Nunavik
- 18 - Terres-Cries-de-la-Baie-James



2. Medical clinics and local pharmacies

For detailed information please see:

<https://www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program/procedure/>



Please get your flu shot!

Even if you are healthy, you can help protect those around you!

*<https://www.health.harvard.edu/blog/time-for-flu-shots-getting-one-is-more-important-than-ever-2020091720972>

<https://www.ucsf.edu/news/2020/09/418406/why-covid-19-means-you-need-flu-shot-year>

<https://www.hamilton.ca/public-health/health-topics/flu-vaccine>

<https://www.canada.ca/en/public-health/services/diseases/flu-influenza/health-professionals.html>

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