

Get Free Flu Shot and Stay Flu-free!

It's time to get your yearly free flu shot.

To be protected, you need to get a flu shot even if you got one last year. There are many types of influenza and they change every year. Each year a new vaccine is produced that provides protection against the flu. This year is a different kind of flu season with two different flu viruses – the H1N1 flu virus and seasonal flu viruses – against which flu shots are recommended.

H1N1 has affected children and young adults at a greater rate than the regular seasonal flu. Almost half of the people hospitalized from H1N1 have been under the age of 24. And even a mild case of H1N1 can have significant impact. With flu season expected to continue throughout the winter, it's important to safeguard your health and the health of those around you.

The best defense against both the H1N1 and seasonal flu is to get immunized.

The flu shot is available to anyone aged six months or older, who lives, works or attends school in Ontario. It's as easy as booking an appointment with your family health care provider or finding out about a local clinic by contacting your public health unit or pharmacy.

Visit www.ontario.ca/flu for more information on H1N1 and the seasonal flu shot.

Protect yourself. Protect your family. Get a free flu shot.