

*This influenza season*  
***I choose to be healthy.***



*Scott Brolin, Physiotherapist*

*I make positive lifestyle choices and reduce my risk of catching influenza or passing it to those I care about by following these simple steps:*

**1**  
*I get my influenza shot.*

*The influenza shot is safe, effective and free.*

**2**  
*I wash my hands.*

*Washing regularly reduces the spread of infection.*

**3**  
*I exercise and eat nutritiously.*

*Activity and nutrition help me maintain a healthy immune system.*

*For more information, visit [www.immunizebc.ca](http://www.immunizebc.ca)*