

This influenza season
I choose to be healthy.



Scholastica Au, Public Health Nurse

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



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