

Get the **Flu** shot not the **Flu**



This is **Flu season.**

Everyone is at risk of getting the **Flu**.

- **Get your annual **Flu** shot.**
- **Clean your hands frequently.**
- **Cover your nose & mouth when you cough or sneeze.**
- **Regularly clean common, shared areas.**
- **If you're sick, stay home!**

Watch for a **Flu Shot Clinic in your area!**



For more information or to get your **Flu shot, please contact:**

Your Community Health Office
Corner Brook 632-2830 Deer Lake 635-7830 Stephenville 643-8701

**Staff Health
Clinics at your
workplace**

**Nurse Practitioners/
Family Physicians**