



## PROTECT YOURSELF and your LOVED ONES this flu season

- ▶ The flu vaccine is a safe, effective way to help people stay healthy, prevent illness and save lives, even during the COVID-19 pandemic.
- ▶ The flu vaccine is offered through public health clinics across the province, some physician and nurse practitioner offices and in most pharmacies.
- ▶ Anyone six months and older can receive the flu vaccine. Children ages six months to five years must be immunized at a public health clinic, or by a physician or nurse practitioner.
- ▶ Flu immunization is especially important for people at high-risk of influenza complications (e.g., pregnant women, young children, elderly, persons with underlying health conditions, immune-compromised) and their caregivers.
- ▶ Because some symptoms of the flu and COVID-19 are similar, testing is needed to confirm a diagnosis. If you are experiencing any flu or COVID-19 like symptoms, please do not visit a flu immunization clinic and do call HealthLine 811.

Clinics start October 19, 2020. A complete listing of flu clinics offered by the Saskatchewan

Health Authority can be easily accessed at [www.4flu.ca](http://www.4flu.ca) or by calling HealthLine 811.

For info about COVID-19 visit [www.saskatchewan.ca/COVID-19](http://www.saskatchewan.ca/COVID-19)



[saskhealthauthority.ca](http://saskhealthauthority.ca)



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