

It's flu season...

Get the shot, not the flu!

And protect with a **pneumococcal shot** too.

Your annual flu shot is **free** if you are:

- age 65 or older
- a child age six to 23 months
- chronically ill
- a health care worker
- a first responder
- pregnant

One pneumococcal shot may give you a lifetime of protection. This shot is free if you are 65 or older, or chronically ill.

For more information, contact a public health nurse, doctor, pharmacist or call Health Links-Info Santé at **788-8200** or toll-free **1-888-315-9257**.

www.gov.mb.ca/health

See your doctor or attend a flu clinic.
Remember to bring your Manitoba Health card.

LOCATION: _____

DATE: _____ TIME: _____