



Anyone can catch the flu. Protect yourself and others.

Free flu shots are available to Ontarians six months of age and older.

Why it's important to get the flu shot

The flu can be serious. It can lead to serious complications that can result in a hospital stay, especially among seniors and young children. Complications can include pneumonia or heart attacks. In some cases, it can result in death. The flu shot is your best defence against getting the flu.

When to get the flu shot

Flu season typically runs from late fall to early spring. You should get a flu shot as soon as it is available as it takes about two weeks following immunization to develop protection. As protection wanes over time and influenza strains change frequently, it is important to get the flu shot every year.

Individuals aged five and over may receive a flu shot at the same time as, or at any time before or after a COVID-19 vaccine. Children between six months and under five years are recommended to wait 14 days before or after the administration of the COVID-19 vaccine before getting their flu shot.

Where to get the flu vaccine

6 MONTHS UP TO 2 YEARS OLD	2 YEARS +
<ul style="list-style-type: none">• Doctor or nurse practitioner• Some local public health units	<ul style="list-style-type: none">• Doctor or nurse practitioner• Some local public health units• Participating pharmacies

Vaccines for Seniors

For the 2022/2023 season, if you're 65 and older, there are three different flu shots available:

- ➔ The standard-dose vaccine that protects against four strains of flu virus.
- ➔ The adjuvanted vaccine that protects against three strains of flu virus and contains an adjuvant (a substance added to a vaccine that helps the recipient develop an improved immune response).
- ➔ The high-dose vaccine, that protects against four strains of flu virus, but in higher doses.

All three flu vaccine types are safe, effective and offer strong protection to seniors. Talk to your doctor, nurse practitioner, pharmacist or public health unit about which option is best for you.

How to avoid getting and spreading the flu

Get the flu shot.

To reduce the chances of catching and spreading the flu:

- ➔ Wash your hands often;
- ➔ Cover your mouth when you cough or sneeze;
- ➔ Don't touch your face;
- ➔ Stay at home when you're sick; and
- ➔ Clean (and disinfect) surfaces and shared items.