

Make Prevention Contagious

DON'T LET THE FLU GET TO YOU

Emily feels great that she has immunity and she wants it for her community too. She always gets her flu shot and she makes sure her great-grandchildren Ksandra and Carson get theirs.

She knows how important it is to be protected. Tragically, Emily lost her sister to the flu over fifty years ago.

Emily is from the Skeetchestn Indian Band (part of the Shuswap Nation). The flu shot is free for all Aboriginal peoples, anyone 65 and older, children and adults living with a chronic health condition (like heart and lung conditions, diabetes, or arthritis), their household contacts, and more. This year, people with mild allergies to eggs can be safely vaccinated with influenza vaccine. Find out more about Emily's story, and get the full list of who can get their flu shot for FREE on our website.



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