



**I HAVE  
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## **Make Prevention Contagious**

### **DON'T LET THE FLU GET TO YOU**

**Since she began her career 23 years ago**, Dr. Janet McElhanev has been vaccinated every year against influenza and has never missed a day of work – or gone to work sick either! As a Geriatrician and UBC Professor of Medicine, she knows how vital the flu shot is for seniors, to promote their independence and good health, and to prevent unnecessary deaths.

Health care workers who build immunity to the flu by getting their flu shot have the opportunity to protect many patients who might be at risk.

For health care workers, and all those vulnerable to the flu, vaccination is FREE. Find the full list of who can get their flu shot FREE on our website. Read more about how health care workers can promote the Immunity Community!



**Find a  
flu clinic  
near you!**



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