



I'll protect
both of us.

I'll get immunized against influenza.

Groups at high risk for influenza include **pregnant women**, infants, kids and adults with chronic medical conditions*, and adults 65 and older.

Even if you're healthy, if you live with or care for people at high risk for severe complications from **influenza**, you should get immunized.

Talk to your health care provider about the risks and differences between seasonal influenza and pandemic H1N1 influenza.

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Don't get influenza. Don't spread influenza.

Get immunized.

The reasons are all around you



Canadian Coalition
for Immunization Awareness
& Promotion (CCIAP)

immunize.ca

* Public Health Agency of Canada. Statement on Influenza Vaccination for the 2008-2009 Season. Online at <http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/08vol34/acs-3/>