

WHO SHOULD GET THE SEASONAL INFLUENZA (FLU) VACCINE

The influenza vaccine protects against viruses that cause seasonal influenza, often called the flu. The vaccine does not protect against other viruses or bacteria that cause colds or stomach illness such as “stomach flu.”

Influenza, often called seasonal flu, is an infection of the nose, throat and lungs caused by the influenza virus. A person with influenza is at risk of other infections, including viral or bacterial pneumonia (infections of the lungs). Influenza spreads easily from person to person through coughing, sneezing, or having close face-to-face contact. The virus can also be spread when a person touches an object contaminated with the influenza virus and then touches his or her mouth or nose.

For more information, or to find out who is eligible for **the free annual vaccination**, please contact:

- Your local [Public Health Unit](#)
- [HealthLinkBC](#) or dial 8-1-1 (a free call)
- [HealthLink BC Files](#)
- Your doctor
- www.immunizebc.ca

For a laugh check out: [The Sneeze](#)