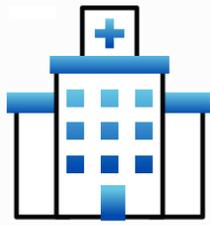


PROTECTION FROM THE FLU



As we age, our immune systems weaken, making Canadian adults, aged 65 and older, at an increased risk of the flu and serious flu-related health complications.

The flu contributes to an average of 12,000 hospitalizations and 3,500 deaths in Canada each year.



Canadian adults, aged 65 and older account for 70% of flu-related hospitalizations and 90% of flu-related deaths.



How to protect yourself from the flu?

1

GET YOUR FLU SHOT ANNUALLY

Even if you have already been sick! Try setting up a reminder in your phone or on your calendar to get vaccinated.



2

ASK YOUR DOCTOR ABOUT THE HIGH-DOSE FLU SHOT

The high-dose flu vaccine has been shown to be 24% more effective in preventing the flu in older adults. Visit Carp.ca/KeepCanadaHealthy to learn more.



3

GET VACCINATED EARLY

It takes your body two weeks to build immunity after the flu vaccine. Get vaccinated by the end of October before flu season starts.



4

CHECK YOUR IMMUNIZATION STATUS

Less than 10% of Canadians are up to date on their required immunizations, which can contribute to serious flu-related complication. Visit CARP.ca/KeepCanadaHealthy to download our immunization guide and bring it with you to your doctor's office.

5

PRACTICE PROPER HAND HYGIENE.

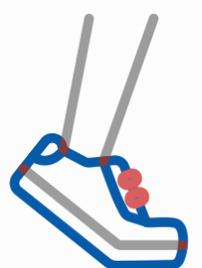


Wash your hands regularly using soap and warm water for 20 seconds to help prevent the spread of influenza. Visit CARP.ca/KeepCanadaHealthy for proper hand washing techniques.

6

EXERCISE REGULARLY

Exercising low to moderate frequency is beneficial for your health and also has been shown to lower influenza-associated mortality.



7

SIGN UP TO BECOME A FLUWATCHER



Help monitor the spread of the flu and flu-like illness in your community and across Canada. Visit CARP.ca/KeepCanadaHealthy to learn more!

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