

# GETTING YOUR FLU SHOT

is a simple way to protecting yourself,  
your family, and your community!

**The flu and COVID-19 can spread easily and quickly to anyone, even before you know you are sick. First Nations people with chronic health conditions or living in overcrowded homes are at a higher risk of hospitalization and serious health complications from the flu.**

## **THE FLU SHOT CAN SAVE LIVES:**

- Young children, people over age 65, pregnant women, and those who are in poor health are more likely to become very sick from the flu.
- The flu shot can help protect you and your family from the flu.

## **THE FLU SHOT WORKS**

- There are many different types of flu viruses. Every year, the flu shot protects against the expected 3 or 4 most common types of the virus.
- Everyone responds differently to the flu shot. The shot can either prevent the flu entirely or reduce the severity of the sickness.
- It usually takes 2 to 4 weeks to build protection after you get the flu shot.
- The flu shot does not prevent colds because they are caused by different germs.

## **THE FLU SHOT IS SAFE**

- You cannot get the flu virus from the flu shot.
- Most people do not have significant side effects from the flu shot.
- Serious side effects are very rare.
- If you have concerns or questions about the flu shot, talk to your nurse or doctor.
- Flu shot and COVID-19 vaccine can be received at the same time.

## **NITHA recommends everyone 6 months of age and older get a flu shot especially:**

- people 65 and older. High dose flu vaccine is available for all elders 65 years and above
- people with chronic health conditions
- children under 5 years of age
- people who live in nursing homes or other long-term facilities
- people who are pregnant
- people who are at an increased risk of disease because of living conditions, such as overcrowding
- health care workers



Visit your community health clinic, or local  
healthcare provider to get your flu shot!

[www.nitha.com](http://www.nitha.com)

Adapted from Indigenous Services Canada

