



# WE HAVE THE POWER



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



***to protect our children, elders, families, friends, schools,  
and our communities from Influenza (flu) and COVID-19.***

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 those living in crowded homes are at a higher risk of hospitalization and serious health complications.

## **The flu shot works!**

- Every year, the flu shot protects against the expected 3 or 4 most common types of the virus.
- 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 or COVID-19 virus from the shot.
- Most people don't have any serious side effects from vaccines.
- The flu shot and COVID-19 vaccine can be received safely at the same time.
- If you have concerns or questions about the flu shot, talk to your nurse or doctor.

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

- people 65 years and older\*
- people with chronic health conditions
- children under 5 years of age
- people who live in nursing homes or other long-term facilities
- pregnant women
- people who are at an increased risk of disease because of living conditions, such as overcrowding
- health care workers

\*High dose flu vaccine is available for all individuals 65 years and older

**Contact your health centre or local healthcare provider to find out how to get your COVID-19 and Flu shot.**