

Who Can Get a Free Flu Shot?

- ✓ **All Saskatchewan residents 6 months and older are eligible to get free influenza vaccine ('flu shot').**
- ✓ **Influenza vaccine is highly recommended for people who have a high risk of becoming seriously ill with influenza including:**
 - People with chronic health conditions, such as:
 - lung and/or heart disease
 - asthma
 - diabetes mellitus (types 1 and 2)
 - neurological conditions
 - cancer
 - kidney disease
 - children on long term aspirin therapy
 - Adults 65 years of age and older
 - Pregnant women in all trimesters
 - People with severe obesity
 - Residents of a nursing home or other care facility
 - Children age 6 months up to 5 years old
- ✓ **People who should be immunized to protect those at high risk of getting influenza include:**
 - Healthcare workers and volunteers
 - Household and close contacts of persons who are at risk of getting seriously ill with influenza
 - Household and close contacts of babies younger than 6 months
 - Members of households expecting babies
 - Individuals providing regular child care to children up to 5 years old, either in or out of the home
 - People who work with poultry or hogs
 - Health science students (human and animal health)

HELP PREVENT THE SPREAD OF INFLUENZA

- ✓ Get a flu shot every year.
- ✓ Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- ✓ Cough and sneeze into your sleeve and use tissues only once.
- ✓ Stay home if you are ill.
- ✓ Clean all surfaces regularly.

NOTE:

- The Ministry of Health **does not** reimburse the cost of privately purchased vaccines.