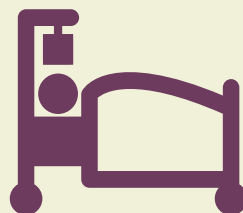


FLU FACTS

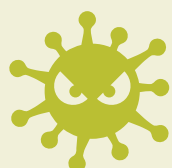
in·flu·en·za: a virus that infects the nose, throat and lungs



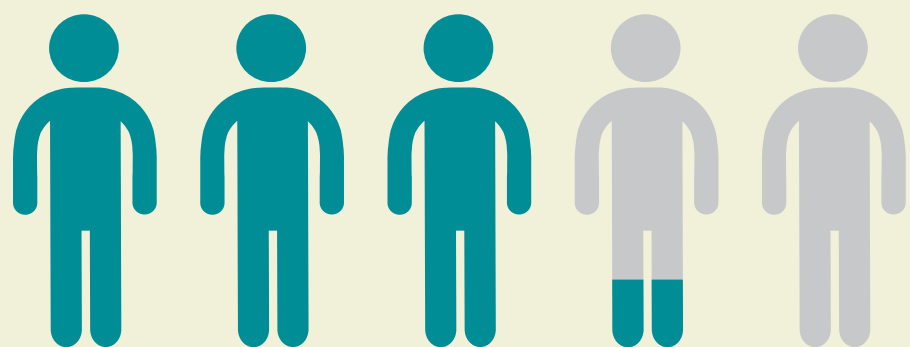
Influenza viruses used in flu shots are inactive (dead). They cannot make you sick.



Influenza **killed 63** Albertans and **hospitalized** another 1,644 last season.



The influenza virus changes (mutates) each year. Getting immunized every year is the best way to arm yourself against influenza.



3.2 OF 5 AHS EMPLOYEES GOT A FLU SHOT LAST SEASON

Different strains of influenza may circulate during flu season. Immunization protects you against at least three strains.

It is possible to be infected by more than one strain in a single season.



Influenza can spread before symptoms start.

You can make others sick before you know you are.

41 AHS SITES EXCEEDED OUR 80% IMMUNIZATION TARGET

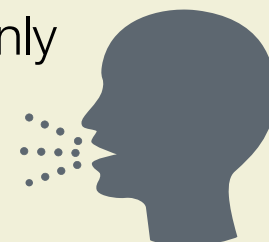
Top sites included:

- Bassano Health Centre
- Camrose Public Health / Rehab
- Lander Treatment Centre
- Fort McMurray Public Health
- Grande Prairie Cancer Centre
- Lethbridge Community Health Centre
- Twin Brooks Public Health Centre



Get immunized to protect yourself and prevent being reassigned to another unit or restricted from work if an influenza outbreak is declared.

Flu viruses are spread mainly by respiratory droplets from coughing, talking and sneezing.



DO YOUR PART: SAVE LIVES, GET IMMUNIZED.

Visit a WHS clinic, site champion, or public immunization clinic to get your flu shot. See Insite for details.