

FLU VACCINATION: 2019–2020 CAMPAIGN

**THE FLU
CAN CRACK
YOUR
DEFENSES**

**GET
VACCINATED.**



Vaccination,
the best protection

Votre
gouvernement

Québec

**The flu can have serious
consequences for anyone
living with:**

- Diabetes
- A weakened immune system
- Heart disease
- Lung disease
- Kidney disease
- Etc.

**Registration starts
on October 16th**

clicsante.ca

819 966-6277 - Toll free : 1 844 351-6277

The flu vaccine is also indicated for people at risk such as :

- People aged 75 and over
- Pregnant women in their 2nd or 3rd trimester of pregnancy
- Close relations who are in contact with people at risk of complications
- Health care workers in contact with at risk clients

Centre intégré
de santé
et de services sociaux
de l'Outaouais

Québec



For more information :

ciss-ouataouais.gouv.qc.ca/flu2019

voir recto
pour le français