

# Protect yourself from H1N1 pandemic flu

## GET VACCINATED

- People with some illnesses can get very sick if they get H1N1 pandemic flu.
- The Ministry of Health recommends the new H1N1 flu vaccine for people who have long-term illnesses.
- If you have an illness like **HIV, cancer, diabetes or breathing problems**, get vaccinated as soon as the vaccine is available. It will protect you from the H1N1 pandemic flu.
- This vaccine is effective and safe and has been used in millions of people. Your arm may feel sore for 1 or 2 days. Tell us if you notice other problems.



Tell your family about how they can protect themselves from flu.  
Wash your hands often and keep away from people who are sick.

### COVER

Cough or Sneeze  
into the crook  
of your elbow.



### CLEAN

Wash your  
hands often.

