

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.

