

# The H1N1 flu vaccine **PROTECTS YOU**



## **Expectant mothers can get very sick from H1N1 flu**

The Ministry of Health recommends that you receive H1N1 flu vaccine if you are pregnant

**BE SAFE** – a single shot of H1N1 flu vaccine at any time during your pregnancy protects you and your baby. You can get the vaccine at your health center.



# EVERYONE can PREVENT FLU at work and at home



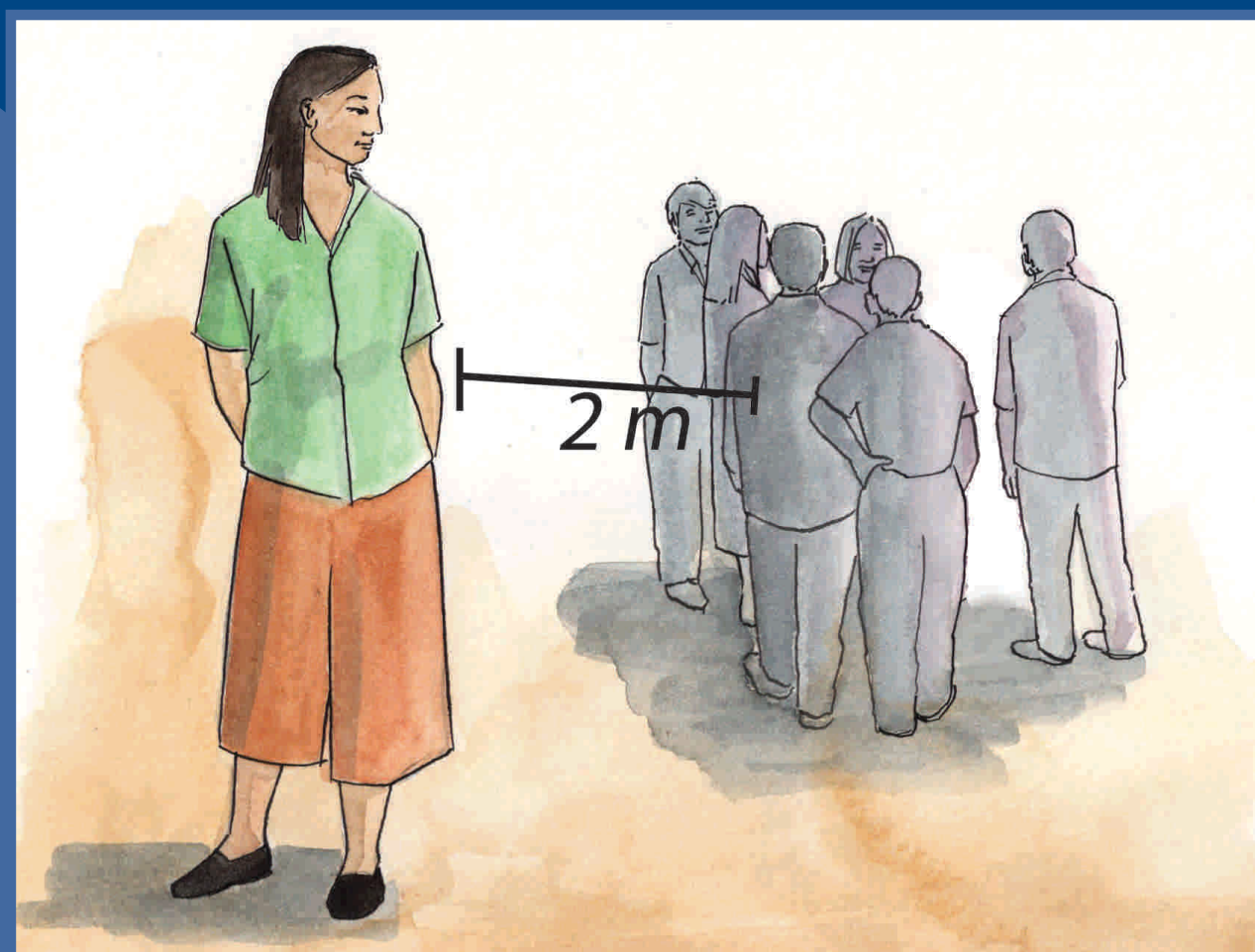
## CLEAN

Wash your hands with soap and water before preparing food or after you cough or sneeze.



## COVER

Cough or Sneeze into the crook of your elbow.



## DISTANCE

Keep a safe distance from sick people.



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People with some long-term illnesses can get very sick from H1N1 flu.



The Ministry of Health recommends that you get an H1N1 flu vaccine shot, if you have an illness such as HIV, diabetes, or breathing problems.

**Protect yourself if you have HIV, diabetes, or breathing problems.**



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Health Workers

The Ministry  
of Health  
recommends  
that you get  
an H1N1 flu  
vaccine shot.



People with Chronic Illness



Pregnant Women

**BE SAFE – you can get the vaccine at your health center**