

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

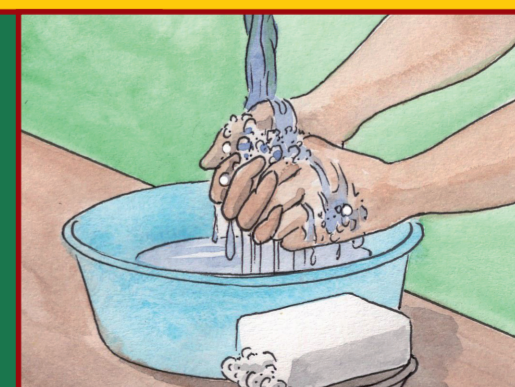
BE SAFE – a single shot of H1N1 flu vaccine at any time during your pregnancy protects you and your baby. You can get the vaccine at your health center.

EVERYONE can prevent flu at work and at home.

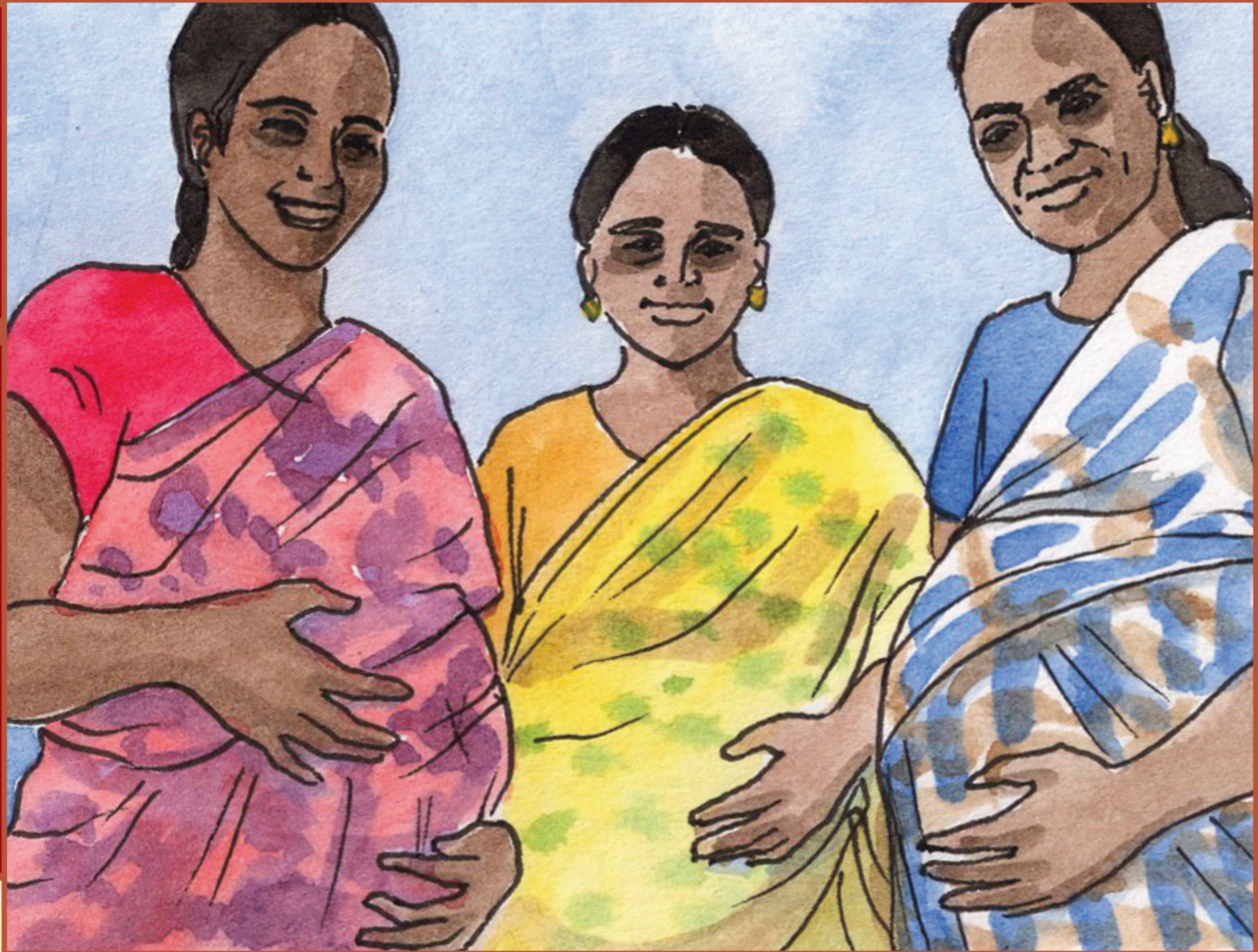
COVER
Cough or Sneeze into the crook of your elbow.



CLEAN
Wash your hands often.



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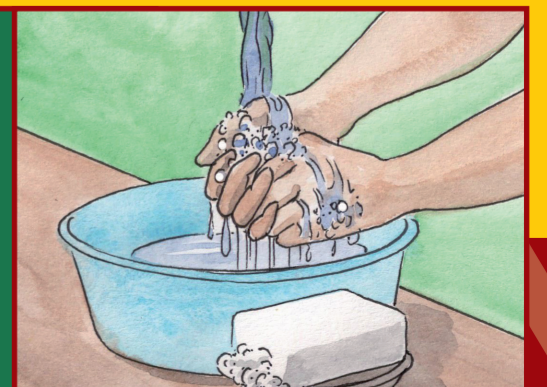
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People with some long-term illnesses can get very sick from H1N1 flu.



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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