**I'm Healthy, Why Should I Get the Flu Shot?**

**Here are a few important reasons:**

* Improves your chances of staying healthy during the flu season
* Reduces the chance your friends or family will get sick
* The virus changes every year. Getting this year’s shot gives you the best protection
* Reduces your chances of missing time from work or special events
* The flu virus lives on surfaces you touch

**Are you a health care or emergency worker?**

* You have a high risk of passing the virus to vulnerable people, even if you don’t feel sick
* Get the flu shot to protect yourself, your coworkers, and those you serve in our community

**Here are some basic facts about the flu vaccine:**

* It takes about two weeks for the flu vaccine to build protection in your body
* The flu vaccine does not cause the flu
* Even if you get the flu after receiving vaccine, the symptoms tend to be milder.
* The vaccine does not protect against other illnesses that have symptoms like influenza

**What’s the big deal about the flu?**

* Even very healthy people can become quite ill, missing up to 5-7 days of work
* You could pass the virus to someone who is at high risk for getting very sick with the flu, or for a complication of the flu like pneumonia: a pregnant woman, a baby, someone with diabetes, or an older relative.

**Where can I get the flu shot this season?**

* [Pharmacy](https://www.ontario.ca/page/get-flu-shot) - children 5 and older, and all adults
* Family Doctor - early immunization for high risk groups, all age groups
* Nurse Practitioner - early immunization for high risk groups, all age groups
* ****[Simcoe Muskoka District Health Unit](http://www.simcoemuskokahealth.org/HealthUnit/Services/Clinics/Immunization.aspx) – clients with no Ontario Health Card, children under 5 with no family doctor or nurse practitioner