IT'S TIME FOR YOUR FLU SHOT,
PORCUPINE!

The flu vaccine will help protect you from influenza, not COVID-19.

The Porcupine Health Unit will be hosting flu clinics in Hornepayne.

Please visit **www.phu.fyi/flu-shot** for clinic dates and times, and to book your appointment.

The influenza vaccine is also available through your local health care provider or your local pharmacy.

Protect yourself against Influenza and COVID-19:
- Maintain physical distancing
- Wear a face covering
- Wash your hands often
- Clean commonly touched surfaces often
- Use proper cough and sneeze etiquette
- Stay home if you are sick

Porcupine Health Unit ◆ 1-800-461-1818

Porcupine
Health Unit • Bureau de **santé**