Simple actions can protect you and others from seasonal influenza

Every winter, young children, pregnant women, older people, and people with chronic health conditions like asthma, diabetes or heart and lung disease, are at high risk of catching influenza.

Protect yourself and others

- Get your influenza vaccine every year before winter
- Consult a doctor immediately if you catch influenza
- Take extra precautions around people with influenza-like symptoms
- Avoid close contact with sick people
- Cover your nose and mouth with a tissue when you cough or sneeze
- Avoid touching eyes, nose or mouth with unwashed hands
- Wash your hands regularly with soap and water
- Stay home for at least 24 hours after your fever has gone

For some influenza can be life-threatening

Get vaccinated before winter starts