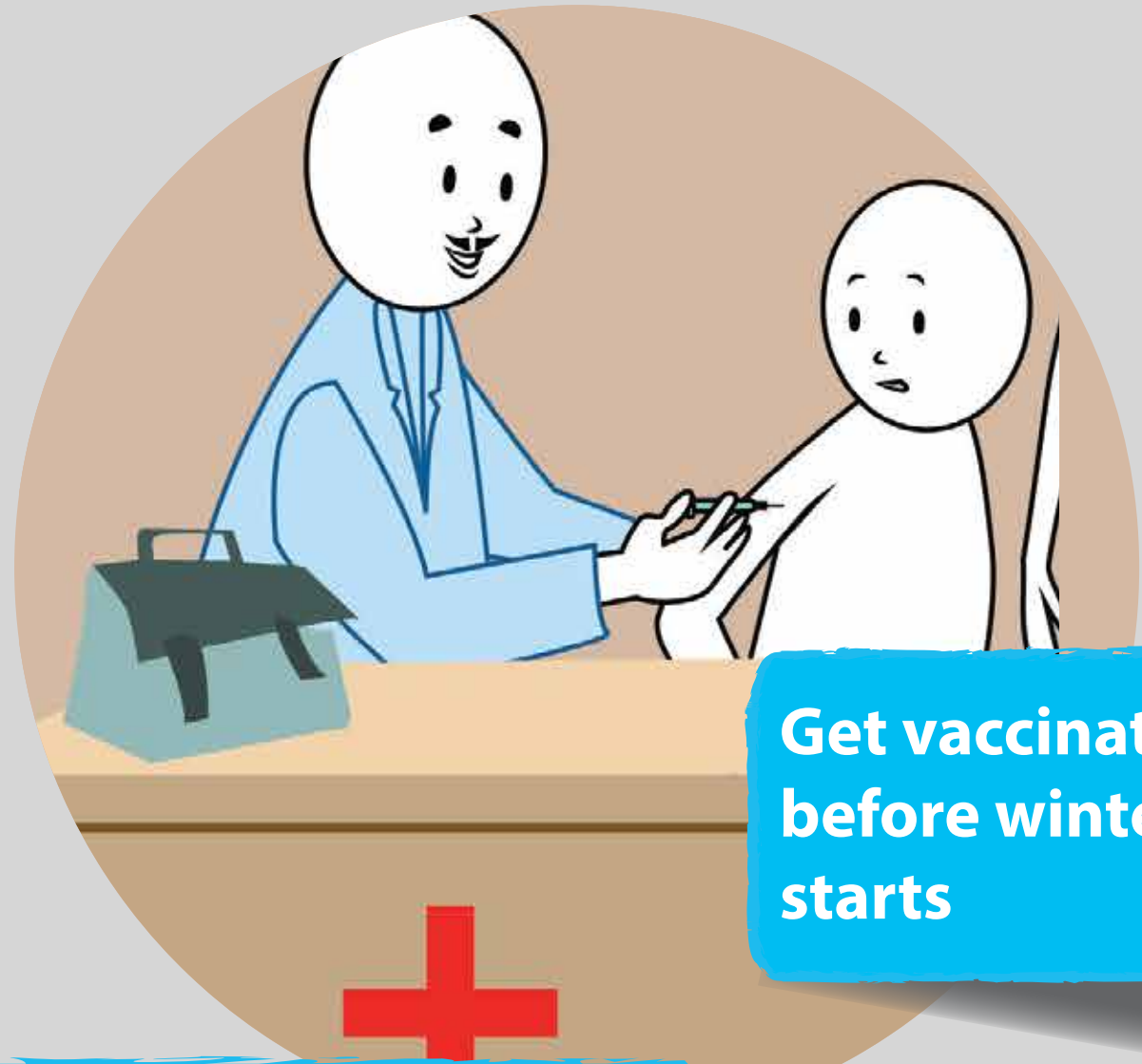


For some influenza can be life-threatening

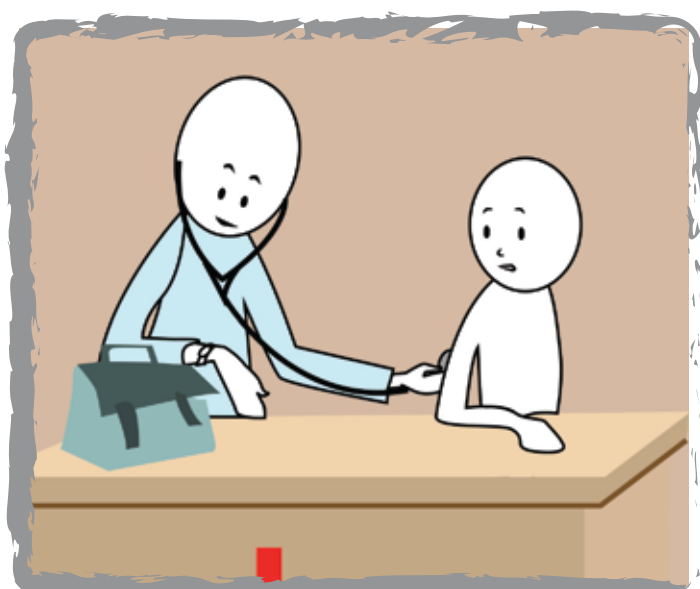


Get vaccinated before winter starts

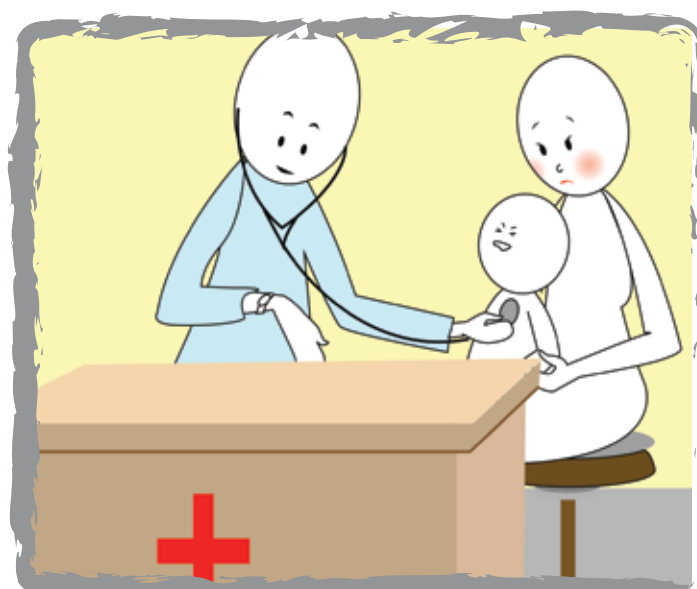
# Simple actions can protect you and others from seasonal influenza

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.

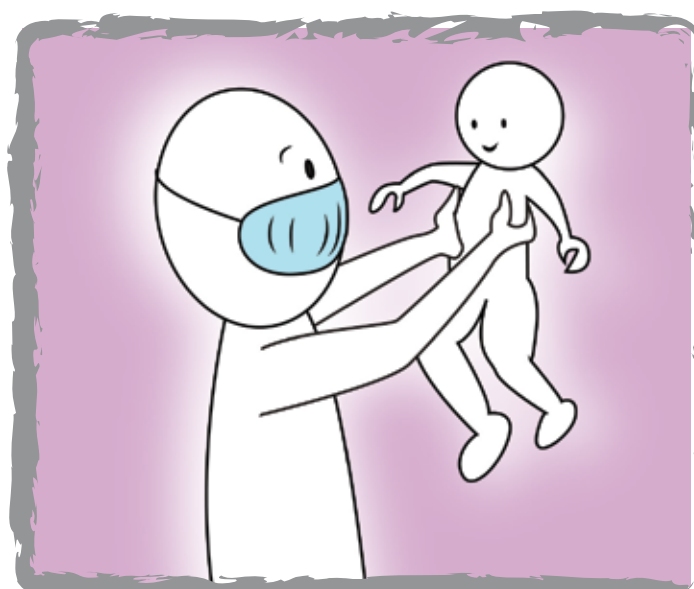
## Protect yourself and others



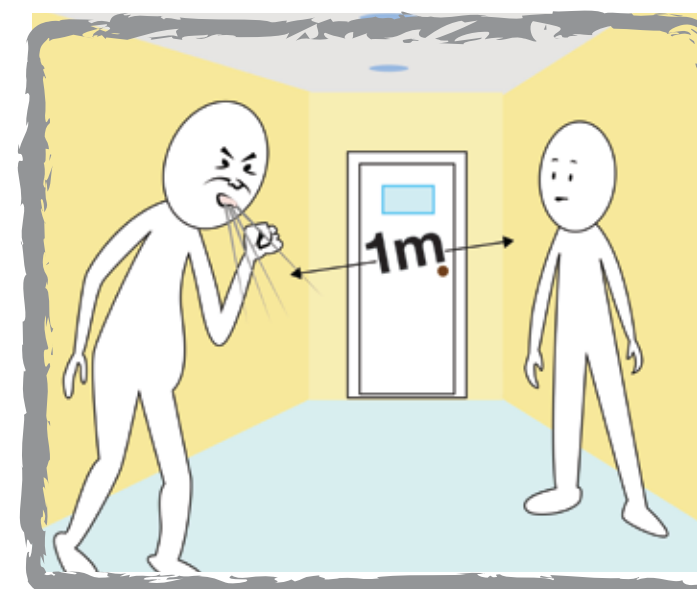
Get your influenza vaccine every year before winter



Consult a doctor immediately if you catch influenza



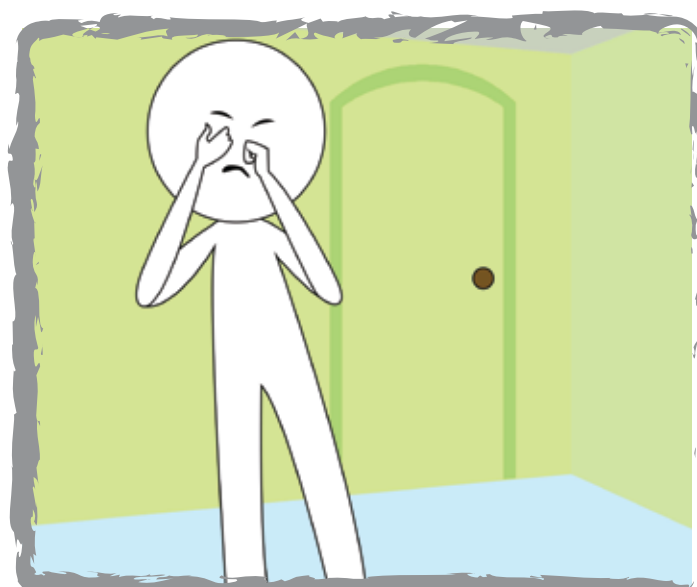
Take extra precautions around people with influenza-like symptoms



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

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