

B R E A T H E

the lung association Supported by an educational grant from Sanofi

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All New Brunswickers aged 6 months+ are encouraged to get vaccinated, but it's even more important for people at high risk of flu-related complications (and for those who care for them!)

- Heart and/or lung disease
- Renal problems
- Diabetes
- Neurological/neurodevelopmental disorders
- Cancer or other immune-compromising conditions
- Rheumatologic disease
- Morbid obesity

ARE YOU HIGH RISK?

In 2022 Canadian public health experts preferentially recommend the publicly funded high-dose shot for seniors 65+, and support several options for children and younger adults.

A new vaccine is available this fall tailored for adults 18 and older, alongside the existing high-dose option for seniors 65+.

Holiday travel accelerates flu spread around Thanksgiving, so you should plan to get your shot as soon as it becomes available.

TALK TO YOUR HEALTHCARE PROVIDER

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