

IT'S FLU SEASON AND WE WANT YOU TO **STAY** **HEALTHY**



You can protect yourself by:



- Getting your flu shot



- Cleaning your hands often – wash your hands with soap and water or use an alcohol-based hand sanitizer and avoid touching your face, eyes, nose and mouth



- Wearing a mask when outside of your room or home that covers your nose and mouth. Avoid touching the mask



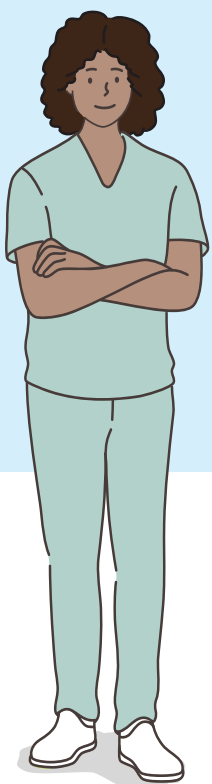
- Reporting any respiratory symptoms, or other health care concerns, to your health care team or family physician



- Practicing physical distancing and minimizing your contact with others, especially those who are sick

If you do not have a family doctor and would like to find one, please call Health Care Connect 1-800-445-1822.

The North Toronto Ontario Health Team is a collaboration of health care organizations and providers who are working together to ensure you stay healthy this flu season.



There are many ways you can get your flu shot.

Speak to the staff in your building to learn more.

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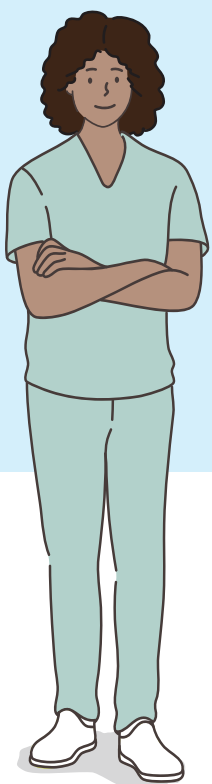
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Call 416-785-2500, ext. 4728
to learn how to get your shot.

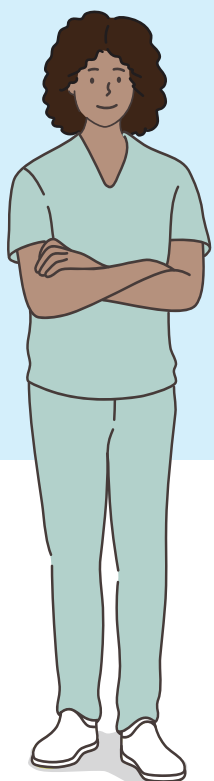
IT'S MORE IMPORTANT THAN EVER TO GET YOUR FLU SHOT



Symptoms of the flu and COVID-19 are very similar.

**While there isn't a vaccine yet for
COVID-19, the flu shot is safe and can
protect you from the flu.**

The North Toronto Ontario Health Team is a collaboration of health care organizations and providers who are working together to ensure everyone who wants a flu shot can get one.



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