

# GET YOUR FLU SHOT 2024

**FREE** Publicly funded influenza vaccine is provided to **EVERYONE** for the 2024-2025 influenza season. **Staff, faculty, students, and public are all welcome!**

## SPECIAL INSTRUCTIONS\*

**IF YOU ARE SICK,  
PLEASE STAY HOME!!**  
PLEASE CHOOSE A  
DIFFERENT CLINIC, WHEN  
YOU ARE FEELING BETTER



WEAR A T-SHIRT  
OR TANK TOP  
TO ALLOW **EASY**  
**ACCESS TO YOUR**  
**UPPER ARM**



LEAVE ENOUGH  
TIME FOR A **BRIEF**  
**WAITING PERIOD**  
AFTER YOUR  
INJECTION

*\*Please bring your provincial healthcare card or Guard Me information*



It can be hard to tell the difference between the symptoms of the flu and COVID-19. If you are sick, stay home! If you have symptoms, isolate yourself from others and visit **GNB's website** for more information.

OCT.  
**23**

CAMPUS  
PHARMACY /  
STUDENT UNION  
BUILDING (SUB)  
10 a.m. - 2 p.m.

NOV.  
**01**

ST THOMAS  
UNIVERSITY  
J.B. O'Keefe Gym  
10 a.m. - 2 p.m.

OCT.  
**24**

CAMPUS  
PHARMACY /  
STUDENT UNION  
BUILDING (SUB)  
10 a.m. - 2 p.m.

NOV.  
**08**

STUDENT UNION  
BUILDING (SUB)  
Ballroom  
10 a.m. - 2 p.m.

OCT.  
**25**

CAMPUS  
PHARMACY /  
STUDENT UNION  
BUILDING (SUB)  
10 a.m. - 2 p.m.

NOV.  
**22**

HARRIET IRVING  
LIBRARY (HIL)  
Room 318  
10 a.m. - 2 p.m.

**INFLUENZA  
VIRUS**  
— OR THE FLU —

is a common upper respiratory infection. It often starts with a headache, body aches, chills and a cough or sore throat. You may also develop a fever, loss of appetite, fatigue, runny nose, and sneezing. Nausea, vomiting and diarrhea may occur. With the potential risks posed by COVID -19 and RSV, limiting the spread of influenza remains very important again this year. Getting immunized against the flu is the most effective way to protect yourself, your family and community!

