## **THE FLU CAN CRACK** YOUR DEFENSES





The flu can have serious consequences for: - Pregnant women - Infants (less than 6 months)



Protect yourself and your loved ones.

- People with chronic illness
- Elders

## Vaccination is the best protection.



RÉGIE RÉGIONALE DE LA NUNAVIK REGIONAL SANTÉ ET DES SERVICES BOARD OF HEALTH SOCIAUX DU NUNAVIK AND SOCIAL SERVICES