

Alberta's Steps to Prevent Influenza



1 Stop the spread:

Wash your hands, cover your cough, stay home if you are sick.



2 Seasonal influenza immunization:

High risk groups will be immunized at immunization clinics beginning mid October.

3 H1N1 influenza immunization:

Free for all Albertans, immunization clinics available following seasonal influenza clinics.



No appointment needed. For clinic dates visit
www.albertahealthservices.ca or call Health Link Alberta at:

Toll free 1-866-408-5465

Edmonton 780-408-5465 Calgary 403-943-5465