

## Resource Guide

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### Healthy Habits with your CMD: Why Should You Get the Flu Shot?

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Every year, the influenza virus (or the “flu”) spreads in our communities. This often occurs in the late fall and winter months, which is known as flu season. As we enter flu season this year, everyone is encouraged to get the flu shot. Getting this vaccine is the best way to protect yourself, your loved ones, and the community. Some benefits to getting the flu shot include:

- Reduces the risk of severe illness or hospitalization from the flu
- Prevents the spread of infection to others in the community
- Protects the healthcare system from becoming overwhelmed



Learn more about the flu shot  
from the [Government of Canada](#)