

A photograph of an elderly man and woman embracing outdoors. The man is in the foreground, wearing a white shirt, and the woman is behind him, wearing a blue patterned top. Both are smiling warmly. The background is a soft-focus green landscape.

# Lower your **flu** risk

**If you are 65 years of age and older or provide essential care to others,** talk to your doctor, nurse, pharmacist or local public health office about getting immunized against influenza.