



the HEALTHY DOSE

keep up with us:

Protect yourself and your family- get the flu shot!

It's not just about you! When you get the flu shot you help to protect the elderly, young children, pregnant women and people with chronic health conditions that make them more vulnerable to serious complications from the flu. Getting the flu shot reduces the number of flu-related hospitalizations and deaths. It also reduces lost time from work and school due to flu-related illness.

So how does it work? The flu shot stimulates your immune system so that you make antibodies against the viruses in the flu shot. The flu shot does not contain live viruses so it cannot cause the flu; it contains inactivated (dead) virus. Each year, the traditional flu shot contains three inactivated viruses, two Influenza A viruses and 1 Influenza B virus. It contains the viruses that research indicates will be the most common viruses circulating that season. About two weeks after receiving your flu shot your body is able to make antibodies against the viruses in the flu shot and help protect you against infection.

Serious reactions to the flu shot are very rare. Most people experience no side effects or mild soreness at the site of injection. Some people do experience muscle aches and fever for a day or two.



“The flu shot stimulates your immune system so that you make antibodies against the viruses...”

Flu Shots are free and available at all Morelli's Pharmacy locations - no appointment necessary.

You can also protect yourself from the flu and other viruses, such as the common cold by doing the following:

- Wash your hands frequently • Avoid large crowds where viruses spread easily •
- Avoid touching your mouth, nose and eyes • Use an alcohol-based hand sanitizer •
- Sanitize common surfaces and items •

YOUR MORELLI'S PHARMACIST CAN ADMINISTER VACCINES TO PATIENTS OLDER THAN FIVE YEARS FOR THE FOLLOWING VACCINE-PREVENTABLE DISEASES:

- Haemophilus Influenza Type B • Hepatitis A • Hepatitis B •
- Herpes Zoster (Shingles) • Human Papillomavirus (HPV) •
- Japanese Encephalitis • Meningococcal • Pneumococcal •
- Rabies • Bacillus Calmette-Guerin (BCG) • Typhoid •
- Varicella (Chicken Pox) • Yellow Fever •

A \$10-20 administration fee applies

Copyright © 2017 Morelli's Pharmacy, All rights reserved.

Our mailing address is:
Morelli's Pharmacy, 14 York Street
Toronto, Ontario M5J 0A3, Canada