



RESPIRATORY ILLNESS



Protect your health this winter season

Hospital wait times are increasing greatly during this cold and flu season due to the spread of illness and lack of vaccination

Here are some ways you can stay healthy and keep others safe

Stay up to date with immunizations

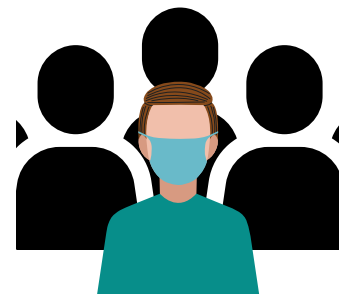


The Health Centre can provide vaccines to protect yourself

Wash your hands often



Avoid crowded spaces



Or wear a mask when in crowded spaces

Cover your coughs and sneezes to prevent the spread of germs



If you feel sick, stay home!



Stay away from others until 24 hours after your symptoms improve and your fever is gone without the use of medication

To book an appointment to get vaccinated, please call the Tsuut'ina Health Centre at

403 251-7575