



Please be advised that the flu shot clinic for the residents of Badger will take place tomorrow Nov 17th from Noon to 7pm in the Community Centre.

**How influenza is spread...**

The influenza virus spreads through contact with droplets that have been coughed or sneezed by someone who has the flu. You can also get the flu by shaking hands with an infected person or by touching contaminated surfaces, and then touching your own eyes, nose or mouth.

**Protecting yourself and others**

the best way to prevent the flu is [get the annual flu shot](#). In addition, protect yourself and others from influenza by practicing the three C's - **Clean, Cover and Contain**.

**Please take the time to take advantage of the service that is being offered locally at the community center.**

**We wish you all good health this winter ☺**