

Health Solutions

Protect yourself against the flu

Navigating the planning and education of flu vaccinations for employees can be overwhelming. We've pulled together some reliable resources you can use to help answer questions about flu vaccinations and promote uptake.

Employer resources

Where can I obtain workplace appropriate information and collateral to promote flu immunization to my employees?

Employee communication and promotional materials

Visit Immunize Canada for a helpful employer toolkit.

- [Immunize Canada](#)

Posters for email or internal posting

- [Stop the spread of the flu and COVID 19](#)
- [Social Media Collateral](#)

Why should everyone plan on getting a flu shot?

- The flu shot helps saves lives. [Learn more about why flu vaccination is important.](#)

Interested in booking an onsite flu clinic at your workplace?

To book an onsite flu clinic, contact [Lifemark](#) to inquire on availability and fees. More information can be found [here](#)

- Fees may vary by province and region due to differences in provincial flu serum funding
- Please ensure compliance with all provincial health requirements for indoor gatherings

Employee resources

Where can I get reliable information about the flu and the vaccination?

- [About the Flu](#)
- [Understanding information about the flu and flu vaccination](#)
- [Why should I get the flu shot?](#)

I want to know more about

- [Influenza in Adults](#)
- [Influenza in Children](#)
- [Influenza in Seniors](#)

Where can I get a flu vaccination?

- By province through the [Government of Canada website](#)
- [Locally by address or postal code](#)
- Through a local pharmacy. Certain retailers offer flu vaccinations

Pharmacy	Location
Shoppers Drug Mart (Pharmaprix)	National
Rexall	BC, AB, SK, MB, ON, NB
Sobeys	All provinces except QC
Safeway	BC, AB, SK, MB
JeanCoutu	QC

