

Protect Yourself from the Flu



- **Get your free flu shot.**
- Wash your hands often.
- Avoid being near people who are sick.

The flu shot is the best way to stay safe. It helps protect you from getting very sick, even if it doesn't match the flu perfectly.

Vaccines do not cause autism!

- Scientific evidence shows that **vaccines do not cause autism**.
- Scientists don't know the exact cause of autism, but genes and environment may play a part.
- Autism is a lifelong condition that affects how the brain develops.
- The World Health Organization (WHO), Health Canada, and the Public Health Agency of Canada have reviewed a lot of research. They concluded that **there is no link between vaccines and autism**.
- Don't let false information stop you from getting vaccinated. Vaccines keep everyone safe.
- Vaccines are **tested carefully** before use and checked for safety even after approval.
- If a problem is found, Health Canada acts quickly to protect people.
- There's a lot of wrong info online. Get facts from **trusted sources** like your doctor or public health unit.

Websites that you can trust for vaccine information:

- [Immunize Canada](#)
- [Society of Obstetricians and Gynaecologists of Canada](#)
- [Caring for Kids](#) (Canadian Paediatric Society)
- [Vaccines and immunization](#) (Government of Canada)

Free guides about vaccines:

- [A Teen's Guide to Vaccination](#)
- [An Adult's Guide to Vaccination](#)
- [Parent's Guide to Vaccination](#) (available in 15 languages, in addition to English and French)

If you have any questions, please contact us at the Clinic (416-340-5145 or 22q@uhn.ca) to speak to one of the members of our team.