

Stay Well this Year with a High-Dose Flu Vaccine

Recommended for All Seniors



Get the best protection possible against the flu virus. All seniors, aged 65 and over, are recommended to get a high-dose flu vaccine. It contains more proteins to produce a stronger immune response.

Note that the flu vaccine can be taken at the same time as a COVID-19 vaccine dose.

Book your appointment today at [ProtectMB.ca](https://protectmb.ca) or by calling 1-844-MAN-VACC (1-844-626-8222).

Find A Location Near You

Flu vaccines are available at:

- Doctors' offices
- Medical clinics
- Pharmacies
- Vaccine clinics
- Indigenous vaccine clinics

Visit [ProtectMB.ca](https://protectmb.ca) and use the vaccine finder map to locate a flu dose near you.