

NEWS RELEASE

For immediate release: October 31, 2016

GET THE FLU SHOT, GET IT EARLY

The Health Unit's flu vaccine clinics are underway. You can protect yourself and your loved ones from Influenza ("Flu") by getting the free flu shot, and getting it early in the Influenza season.

The flu shot is available at many locations across our area. The Health Unit is offering the flu vaccine by appointment at its North Bay and Parry Sound offices and through community drop-in clinics in other parts of the district. For a schedule of the clinics visit myhealthunit.ca/fluclinics or look in your local newspaper. To book an appointment in North Bay or Parry Sound call the Health Unit at 705-474-1400 or 1-800-563-2808. The flu shot is also available at your primary care provider's office for those 6 months of age and older and at participating pharmacies for those five years of age and older.

We encourage everyone to get their flu shot, especially those most vulnerable to complications from Influenza: adults and children with chronic conditions, such as cancer, diabetes, heart, lung or kidney disease; people who live in nursing homes; anyone over the age of 65; healthy pregnant women, Aboriginal people, and children between 6 months and 5 years of age.

Quote

"When you get the flu vaccine you're not only protecting yourself, you are helping to protect your loved ones from Influenza. This is even more important when you or your loved ones are at a higher risk of complications from Influenza. We encourage everyone to get their flu shot and to get it early."

Dr. Jim Chirico
Medical Officer of Health / Executive Officer

Quick Facts

- The best way to build your immune system and prevent Influenza is to get your flu shot.
- The flu shot protects against Influenza, a respiratory infection, and not the stomach flu.
- Influenza is more severe than a cold and can lead to serious health problems, hospitalization and even death. Find out the difference between a cold and Influenza by visiting the [Influenza page on myhealthunit.ca](http://myhealthunit.ca/influenza).
- To prevent the spread of Influenza and other diseases:
 - Wash your hands often with warm water and soap
 - Cough or sneeze into your sleeve or use a tissue
 - Stay home when you are sick

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Media Inquiries

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