

Health Care

Protect yourself from the flu

A number of free influenza immunization (flu shot) clinics are being held throughout Halton Hills this month and next.

Halton Region Health Department recommends that everyone six months of age and older receive the flu vaccine every year. The vaccine is the most effective way of preventing the flu in people of all ages and is 70 per cent to 90 per cent effective in preventing the flu in healthy children and adults.

For individuals who have a chronic medical condition such as heart or lung problems, healthy children between 6 to 23 months, and for those over the age of 65, getting immunized against influenza is even more important.

The flu is caused by a virus that attacks the lungs. It is not the same as what many people refer to as the stomach flu, which can cause nausea, vomiting and diarrhea. Influenza can cause fever, headaches, general aches and pains, fatigue and cough. It usually lasts



five or 10 days, but the fatigue and cough may last for weeks longer.

You cannot get the flu from the flu vaccine. Some people may experience a sore arm at the spot where the vaccine was given, but severe reactions are very rare. The flu vaccine you received last year will not protect you again this year.

The following Halton Region Health Department tips can help prevent you and others from getting the flu:

- Get a flu shot
- Wash your hands. The virus can be picked up

from contaminated surfaces such as toys and door knobs.

- Drink lots of fluids, eat healthy foods and get plenty of rest.

- Stay home when ill! Don't drag yourself into work or school if you are sick. You will only infect your colleagues or classmates.

- If you feel unwell, limit your contact with young children, people who are elderly, chronically ill, or have respiratory problems as they have a higher risk of suffering serious complications from influenza.



Art for a good cause

Heather Czerwinski, facilitator at the Halton Aphasia Centre, displays some of the 50 framed prints and 75 unframed prints that will be available at the Halton Aphasia Centre's first annual silent art auction, Nov. 20 and 21 at Glen Williams Town Hall. All prints are signed by the artists and the event is co-sponsored by Pictures and Presents, who is doing the framing. The event runs 10 a.m. to 6 p.m. Saturday, and 1 to 5 p.m. Sunday. This event is the first of its kind for the centre, which requires fund-raising to continue. They meet Mondays at the Glen Town Hall to aid stroke victims who have difficulty in communication. Volunteers are also needed for the Monday sessions. Contact Halton Hills Speech Centre for more details at 905-702-5312.

Photo by Ted Brown

Upcoming flu shot clinics

1. Tuesday, Nov. 23: Young's Pharmacy, 47 Main St., Georgetown 9:30 a.m. to 8:30 p.m. Clinics are for those over three years of age. Walk-in patients are welcome on non-clinic days when staff nurses are in. Info: 905-873-4021.

2. Wednesday, Nov. 24: Zellers in the Georgetown Market Place, 11 a.m. to 5 p.m. Info: the store, 905-877-8761.

3. Saturday, Nov. 27: Halton Region Health Department at St. Andrew's United Church, Georgetown, 10 a.m. to 3 p.m. Info: 1-866-4HALTON. (For six months of age or older.)

4. Tuesday, Nov. 30: Young's Pharmacy, 47 Main St., Georgetown 9:30 a.m. to

8:30 p.m. Clinics are for those over three years of age. Walk-in patients are welcome on non-clinic days when staff nurses are in. Info: 905-873-4021.

5. Wednesday, Dec. 8: Halton Region Health Department at Christ the King School, Guelph St., 4-8 p.m. Info: 1-866-4HALTON. (For six months of age or older.)

6. Monday, Dec. 13: Halton Region Health Department at Acton High School, 21 Cedar Rd., 4-8 p.m. Info: 1-866-4HALTON. (For six months of age or older.)

Note: If you have a fever or do not feel well, postpone your visit to a later date. Please wear a short-sleeved shirt.

To advertise on this feature page please call Adam at 905-873-0301

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FREE FLU SHOT CLINICS
 Open from 9:30 to 8:30 pm on the following dates:
 Tuesday, November 23;
 Tuesday, November 30.

Clinics are for those over three years of age. Walk-in patients are welcome on non-clinic days when staff nurses are in.
For more information call 905-873-4021.

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