HEALTH CARE - Thursday , September 30, 2010

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October is Influenza Immunization Awareness Month **Don't get the flu— get your shot**

Influenza, commonly known as the flu, is an infection of the airways caused by the influenza virus. Symptoms typically last for 7 to 10 days, but some people may experience a cough and weakness for up to six weeks.

Some people, such as children between the

ages of six months and four years, pregnant women, children and adults with chronic health conditions, morbidly obese, and Aboriginal peoples are at higher risk of severe disease or complications.

October is Influenza Immunization Awareness Month across Canada. Now is the best time to get immunized!

The 2010-2011 trivalent inactivated vaccine provides protection against influenza type A/H1N1 (the recent pandemic strain) and influenza types A/ H3N2 and B.

The National Advisory Committee on Immunization (NACI) recommends that all Canadians get the influenza vaccine. However, immunization priority for influenza should be given to those persons at high risk of related complications, those capable of transmitting influenza to individuals at high risk of complications (for example healthcare workers and other care providers), and those who provide essential community services.

Immunization against the influenza virus is a safe and effective way to prevent getting sick with and spreading the virus, and because the influenza viruses are always changing, annual vaccination is recommended.

Halton Region flu clinics

Halton Region Health Department offers free influenza (flu) immunization clinics from the months of October to January.

Influenza immunization is also available from your family doctor. Additional clinics will be held at

Additional clinics will be held at various participating workplaces. Check with your employer to find out if a flu clinic is being planned at your workplace.

Some pharmacies will also be hosting flu immunization clinics.

Georgetown Seniors Centre flu shot clinic:

On Monday, Oct. 25, 10 a.m. to 1 p.m. at the Georgetown Seniors Centre. No appointment necessary.



in support of women's health

DONATE TODAY AND HELP WOMEN IN YOUR NEIGHBOURHOOD.

The Tree of Life campaign offers an opportunity for you and the employees at your local Shoppers Drug Mart store to join together and donate directly to the organizations that make a difference to women's health in your community.

Since 2002, you've helped raise over 12.7 million dollars and year after year, your local Shoppers Drug Mart store has donated the proceeds to a local women's charity in need of assistance.

HELP MAKE A DIFFERENCE AGAIN THIS YEAR.

September 18th – October 15th buy a leaf for a loonie at your local Shoppers Drug Mart in support of the Tree of Life campaign. 100% of every dollar you donate goes towards helping women in your community.

To find out which charity your local Shoppers Drug Mart store supports through the Tree of Life, visit www.shoppersdrugmart.ca/charity



