

Regional flu clinics will begin

next week



Halton Region's seasonal influenza (flu) immunizations clinics will begin at both senior centres next week and at community clinics throughout the region beginning November 1.

"People of all ages can get sick with the flu," said Halton Regional Chair Gary Carr. "The Health Department staff are working closely with our community partners such as the school boards, doctors' offices, and hospitals to help residents prepare for the flu season."

Flu immunization is free and recommended for all those six months of age and older. A yearly influenza vaccination is needed to help provide protection against the different flu strains that circulate each season.

"Getting the flu vaccine every year is important," said Dr. Bob Nosal, Halton Region Medical Officer of Health. "Although most healthy people recover from the flu within a few days, it can lead to pneumonia,

hospitalization and even death, especially in the elderly and those with chronic health conditions."

Halton Hills clinics are set for:

Monday, Oct. 24— Acton Arena, 415 Queen St. E. (seniors centre), 10 a.m.- 1 p.m.

Wednesday, Oct. 26— Georgetown Seniors Centre, 318 Guelph St., 10 a.m.-1 p.m.

Wednesday, Nov. 2— St. Catherine of Alexandria Elementary School, 407 Barber Drive, Georgetown 4-8 p.m.

Wednesday, Nov. 9— Acton District High School, 21 Cedar Road, Acton 4-8 p.m.

Tuesday, Nov. 22— Christ the King Secondary, 161 Guelph Street, Georgetown 3:30-8 p.m.

The following actions can also help protect against getting the flu:

- Wash your hands frequently with soap and water

for at least 15 seconds

- Use alcohol based hand rub
- Cough and sneeze into your sleeve
- Stay home when you are sick

For more information on the flu including clinic dates and locations, visit www.halton.ca/flu, dial 311 or call Halton Region at 905-825-6000, toll free 1-866-442-5866, or TTY 905-827-9833

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