

Flu shot available in Halton Hills

By Julia Le
Metroland Media Group

Getting the annual flu vaccine is the most important way to protect against the flu, says Halton Region's Medical Officer of Health (MOH) Dr. Hamidah Meghani.

We recommend everyone, six months of age and over, receive the flu vaccine to provide protection from the flu and its complications, stated Meghani in a Halton Region release this week announcing the annual vaccine's availability.

As flu season begins, Halton Region is reminding residents of the numerous ways residents can get vaccinated.

In Halton Hills, clinics will be hosted:

- Monday, Oct. 24 from 4-8 p.m. in Acton at the Acton Arena and Community Centre, Community Hall, 415 Queen St. E.;

- Monday, Nov. 21 from 4-8 p.m. in Georgetown at Hillsview Active Living Centre, 318 Guelph St. E., Unit 9.

Flu immunizations are also available at more than 100 pharmacies for those five years old and older and at doctors' offices, walk-in-clinics and at some workplaces.

With the vaccine available at so many different locations throughout the com-

munity, it's easier than ever to work your flu shot into your normal routine, said Meghani.

The flu is very contagious and can spread quickly and easily, according to the Public Health Agency of Canada.

In Canada, an average of 12,200 hospitalizations and 3,500 deaths related to the flu occur each year.

Flu viruses also change each year, which is why experts create a new vaccine to protect people against each flu season, states the Public Health Agency of Canada.

In addition to getting vaccinated, people should take precautions against influenza by washing their hands with soap frequently, using an alcohol-based hand sanitizer (when soap and water is not available) and avoiding touching one's eyes, nose and mouth.

If sick, people should stay home from work or school to prevent spreading illness to others and see their doctor if the illness worsens or doesn't begin to improve after a few days.

For more information on the flu, including finding a local clinic, visit halton.ca/flu, dial 311 or visit Canada.ca/Flu

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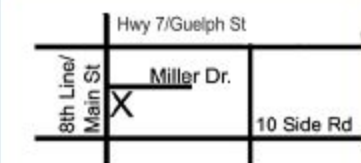
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