

# Flu clinics begin this week

Halton Region Health Department's seasonal influenza (flu) immunizations clinics will begin this week, offering vaccine for high-risk individuals only. The clinics will be held at various seniors' centres.

Local clinics will be on Monday, Oct. 20, 10 a.m. to 2 p.m. at the Georgetown Active Living Centre, 318 Guelph St. and Tuesday, Oct. 21, 10 a.m. to 2 p.m. at the Acton Active Living Centre in the Acton Arena & Community Centre.

Nurses will be screening residents to ensure they meet the high-risk criteria. High-risk individuals include:

- those at high risk for complications of the flu; for example, those over 65 or with certain underlying health conditions and pregnant women
- those who may spread the flu to high-risk people; for example health care or other care providers
- those who provide essential community services; for example, paramedics or police officers

High-risk individuals can also receive influenza (flu) immunizations at doctors' offices and walk-in clinics.

The Health Department's community influenza clinics for all residents aged six months and older are scheduled to begin the week of October 27 in Halton. Locally the clinics will be held Monday, Nov. 3, 4-8 p.m. at Acton District High School, 21 Cedar Rd. and Thursday,

Nov. 6, 4-8 p.m. at St. Catherine of Alexandria Elementary School, 407 Barber Dr. in Georgetown.

Flu immunization will also be available at doctor's offices, walk-in clinics, and, for those aged five years and older, at many pharmacies throughout Halton.

Getting the vaccine every year is the most important way to protect against the flu. It also helps to prevent the spread of the virus to those who are vulnerable to complications of the flu. Influenza immunization is recommended for all those six months of age and older. Most healthy people recover from the flu within a few days; however, influenza infection can lead to pneumonia, hospitalization, and even death, especially in the elderly, those under five years of age, and those of all ages with certain chronic health conditions.

In addition to getting vaccinated, you can take everyday precautions by washing your hands frequently, using an alcohol-based hand sanitizer if soap and water is not available, and avoiding touching your eyes, nose, and mouth because the virus enters your body through these routes. If you are sick, stay home from work or school to prevent spreading your illness to others, and see your doctor if your illness continues to worsen or does not begin to improve after a few days.

For more information including all clinic dates and locations and those considered high-risk, visit [www.halton.ca/flu](http://www.halton.ca/flu), or dial 311.



## Mountainview Residence 222 Mountainview Rd. N., Georgetown

*This 82 Suite Retirement Residence offers planned social activities, home-cooked meals served in our lovely dining room, housekeeping and laundry services, nursing staff on site providing healthcare and assistance to enable residents to enjoy a more carefree lifestyle on our 5.6 acre beautifully landscaped site!*  
We offer a variety of private suites for couples and singles.



For more information or to enjoy a personal tour – simply call 905-877-1800.  
[www.mountainviewresidence.com](http://www.mountainviewresidence.com)



# UGLY COUNTERTOPS?

*Don't replace, refinish!*

• FAST, 2-DAY PROCESS • THOUSANDS LESS THAN REPLACEMENT!



We Also Repair and Refinish:  
• Bathtubs  
• Tile Showers & Walls  
• Sinks & Vanities  
• Fiberglass Tubs & Showers  
Call for a FREE Estimate!

**Miracle Method**  
SURFACE REFINISHING

247 Armstrong Avenue Unit #10  
Georgetown, Ontario L7G 4X6  
**905-494-1915**

Each Miracle Method franchise independently owned and operated. See our work at [MiracleMethod.com/](http://MiracleMethod.com/)

**\$60 OFF!**  
a complete countertop refinishing job through 11/15/2014

Limit one coupon per project. Valid only at participating locations.

**Miracle Method**  
SURFACE REFINISHING

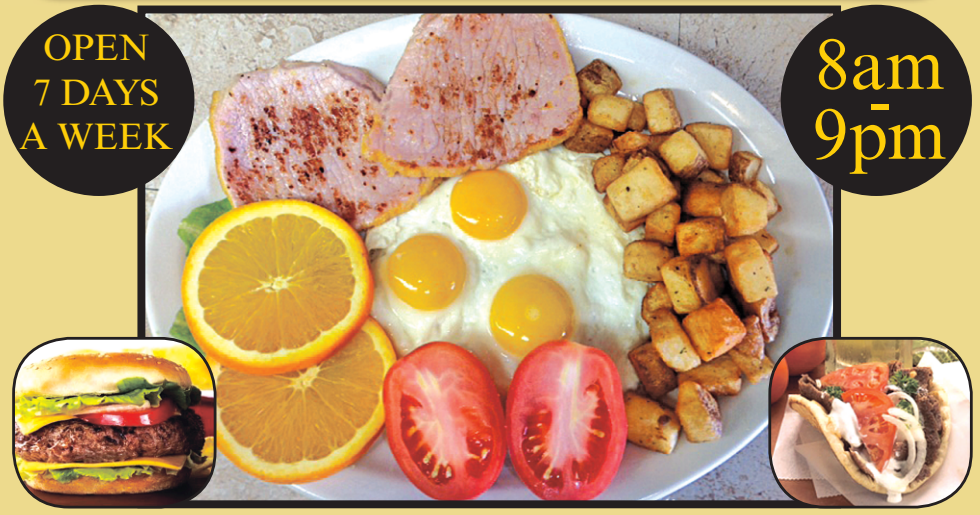
*"Yesterday, my counters were ugly. Today, they're beautiful!"*

# RALLIS

BURGER & GRILL

Serving All-Day Breakfast • Lunch • Dinner

**8-11AM Mon-Fri Specials** Come See Why We're Voted #1 Breakfast Place  
4<sup>99</sup> Bacon, Sausage or ham, 3 eggs, home fries & toast  
6<sup>49</sup> Pancakes (and/or) French Toast, 3 eggs & home fries



**\$500 OFF** any order of \$25 or more before tax.

294 Queen St. Acton | 519-853-5775  
[www.rallisburger.com](http://www.rallisburger.com)