

THERE ARE MORE REASONS THAN USUAL TO GET THE FLU SHOT

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It's fall, the holidays are coming and people are beginning to hear the familiar refrain from health care professionals: get your flu shot.

While older and more vulnerable segments of the population can usually be relied on to heed this advice, younger and healthier demographics often do not appreciate the urgency of being vaccinated against influenza.

An infection that mostly generates discomfort and inconvenience for an otherwise healthy person can be deadly for our grandparents, friends or relatives with compromised immune systems. Influenza has always put people in hospitals and on ventilators, and that's no less the case this year just because there's something

worse — COVID-19 and its variants — going around.

In fact, as William Ciccotelli, assistant professor of pathology at McMaster University points out, the last thing Ontario's health care system needs is to manage two dangerous viruses circulating in communities at the same time this flu season.

"If you're not symptomatic with a cold or a cough, you don't drive demand at assessment centers for testing," Ciccotelli said. "If we're symptom free, it really helps keep the pressure off the parts of our health-care system in the community that are trying to focus and respond to COVID-19."

There are also plenty of personal benefits to getting the annual flu shot since the overlap in influenza and coronavirus symptoms means any flu-like symptoms could seri-

ously disrupt your life and generate undue alarm.

"Everybody in the community wants to kind of return to normal," Ciccotelli said. "Flu keeps kids out of school. Flu keeps people from going to work or doing other things. And it leads to a lot of unnecessary antibiotic use to deal with all of the secondary pneumonias or uncertainties around bacterial secondary infections."

Anyone who received the shot last year and figures it will protect them this year, should remember that influenza evolves each year and vaccines evolve with it, which is why it's important to receive the shot each flu season, between October and December. Anyone who didn't receive the flu shot last year and managed to stay healthy thanks to physical distancing, masking and avoiding crowds



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It's flu season again, and there are many reasons to roll up your sleeve.

should keep in mind that with COVID-19 numbers dropping and vaccination rates rising, many activities and settings that were restricted last year are now open, increasing the

risk of flu transmission.

And while you may view the flu as a minor inconvenience, it's important to remember its implications are greater for other members of your com-

munity, and that the likelihood of a flu infection disrupting your life is even greater during a pandemic.

Plus, who wants to feel miserable?

Job Opportunities



The Town of Halton Hills is hiring!

School Crossing Guards (Posting 202146)

As a School Crossing Guard, you will escort school children across a roadway safely at designated school crossing locations in accordance with the Ontario Highway Traffic Act, the Occupational Health and Safety Act, and of Town of Halton Hills guidelines. Hours of work based on the need to cover temporary staff absences.

For a detailed description of the job responsibilities, qualifications, and application procedures, visit our website at haltonhills.ca/jobs

Apply today!

halton.ca 311



#RollUpYourSleevesHalton!

More Halton residents now eligible for a third dose/booster of COVID-19 vaccine!

The following groups are eligible to book an appointment at a Halton Region COVID-19 Community Vaccination Clinic for a third dose/booster of a COVID-19 vaccine, at least 168 days after their second dose:

- residents 70 years of age and older (born in 1951 or earlier);
- eligible health care workers and designated essential caregivers in congregate settings 16 years of age and older (born in 2005 or earlier);
- individuals who received two doses of the AstraZeneca vaccine or one dose of the Janssen vaccine; and
- First Nation, Inuit and Métis individuals 16 years of age and older (born in 2005 or earlier) and their non-Indigenous household members 16 years of age and older.

If you are eligible or know someone who is, you can book an appointment online at halton.ca/COVIDvaccines or by calling 311. No walk-ins accepted.

