

# Medical officer of health dispels myths of flu shot

If there's one thing that seems to spread quicker than the flu, it's myths about getting a flu shot.

Now that the Ontario government is making the free flu vaccine available to everyone in the province—for the third year in a row—I want to take this opportunity to dispel

the most common myths about the flu shot.

**Myth #1:** You can get the flu from the flu vaccine.

This is not true. The flu vaccine cannot give you the flu because it does not contain any live virus.

Some people report getting a slight fever and muscle ache but this lasts only one or two days and is not the flu.

The vaccine does take about two weeks to begin protecting you from the flu, so it is still possible to get the flu during that period of time. And the flu shot will not protect you against other viruses, which can be mistaken for influenza.

**Myth #2:** You don't need to get a flu shot every year.

Yes you do. The flu virus changes from year to year. Last year's vaccine won't help you with the virus that causes problems this year.

Each year, scientists make a new vaccine to work against the strains of influenza they think will be a problem in the coming year.

**Myth #3:** I'm young and healthy, so I

don't need a flu shot.

Even in healthy adults, the flu can make you very sick, making you lose time from work, personal and family activities, and vacations. It can also lead to ear infection and hospitalization among young children. Children often bring the virus into the school or home.

By protecting yourself and your children from the flu, you are also protecting your family and friends who, due to age or health problems, could be at a greater risk from the flu.

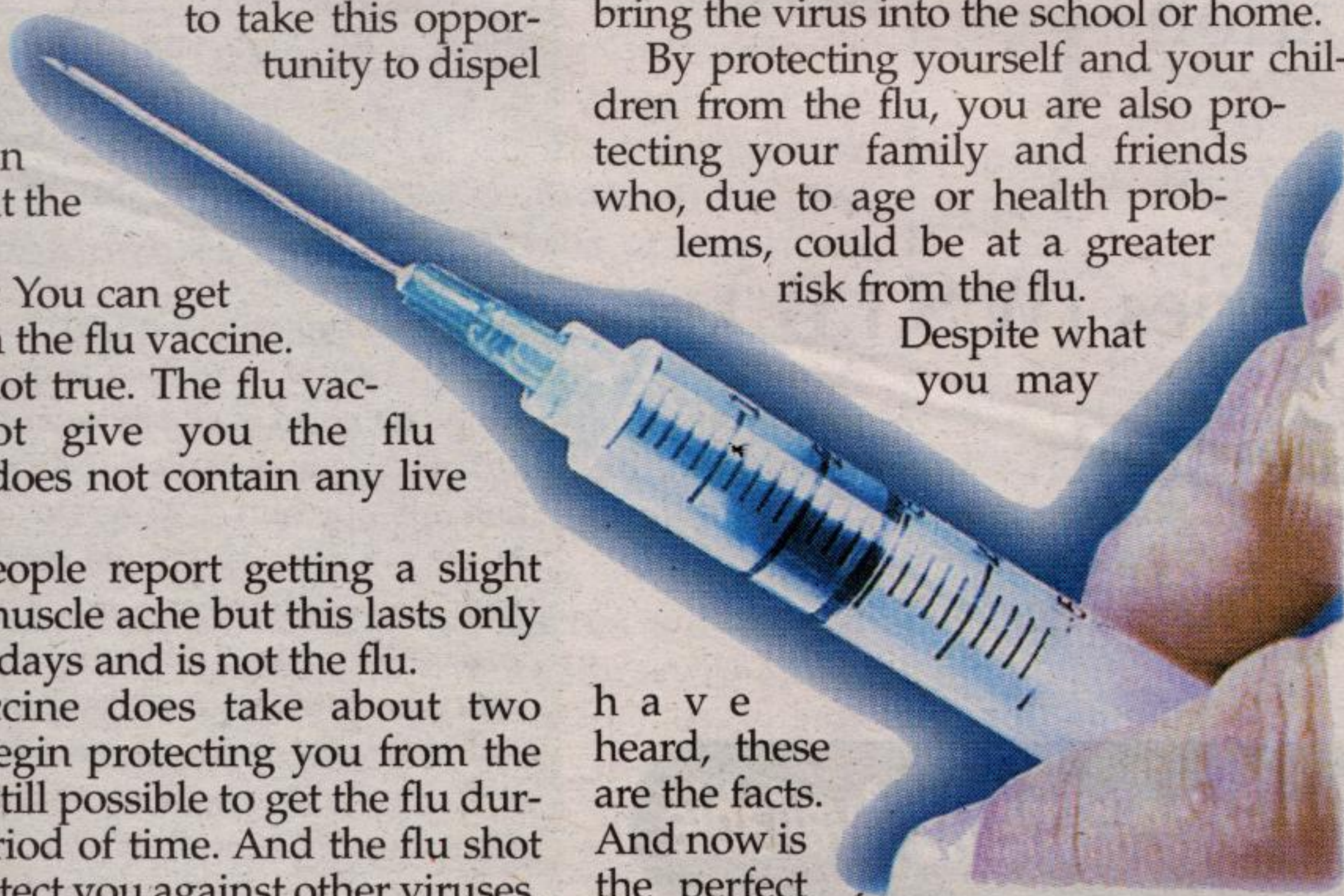
Despite what you may

have heard, these are the facts. And now is the perfect time to act

on these facts and get a flu shot.

For further information on the flu and to find the location of a vaccination clinic in your area, please call 1-866-FLU-N YOU (1-866-358-6968) (TTY# 1-800-387-5559), or visit the Ministry of Health and Long-Term Care website at <http://www.gov.on.ca/health>.

—By Dr. Colin D'Cunha  
Ontario's Chief Medical Officer of Health  
—News Canada



**nutrition house**

*Come home to wellness*

**905-702-8204**

[www.nutritionhouse.com](http://www.nutritionhouse.com)

REDEEM THIS COUPON AT THE  
**nutrition house**

in the Georgetown Market Place Mall

FOR **20%** OFF YOUR NEXT PURCHASE

(Expires October 31, 2002. Not to be combined with other discounts or coupons)

## PHYSIOTHERAPY

IGA Plaza on Hwy #7, Acton



Our clinics' specialized programs are:

- Shoulder Pain
- Low Back Pain
- Osteoporosis
- Sports Injuries
- Massage Therapy
- Personal Training

For more info on physiotherapy:  
[www.physiotherapy.asn.au](http://www.physiotherapy.asn.au) [www.physiotherapy.ca](http://www.physiotherapy.ca)

**VICHY**  
LABORATOIRES  
HEALTH IS VITAL. START WITH YOUR SKIN.

# Skin aging



You are invited for a personalized diagnosis and skincare recommendation.

**WED. OCT. 2, 11 AM - 5 PM**  
**SAT. OCT. 5, 11 AM - 5 PM**

**Exclusively at  
Georgetown  
Market Place location**

Using a videomicroscope, your Vichy Dermatological skincare consultant will determine your skin's biological age, give you a personalized skincare recommendation.

**SHOPPERS DRUG MART**  
Georgetown Market Place Mall  
280 Guelph St. (Hwy. 7)  
**905-877-2291**