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**Healthy Living**

*Locations of flu shot clinics*

There are four north Halton locations for flu shot clinics this fall:

- Tuesday, Oct. 22, 4-8 p.m. at St. Brigid's School gym, 73 Miller Dr., Georgetown
- Tuesday, Oct. 29, 3:30-8 p.m. at Georgetown High School's small gym, 70 Guelph St., Georgetown
- Tuesday, Nov. 12, 3:30-8 p.m. at Milton District High School cafeteria, 369 Williams Ave., Milton
- Wednesday, Nov. 20, 3:30-8 p.m. at Bishop Reding High School small gym, 1600 Main St., Milton

For more information about flu shot clinics call the Halton Region Health Department Flu Info Line at 905-825-6158, 1-866-442-5866 or go to [www.region.halton.on.ca/health](http://www.region.halton.on.ca/health)

**Health Dept.  
holds free  
flu shot clinics**

**H**alton Region Health Department is holding free flu shot clinics to all residents of Halton over six months of age.

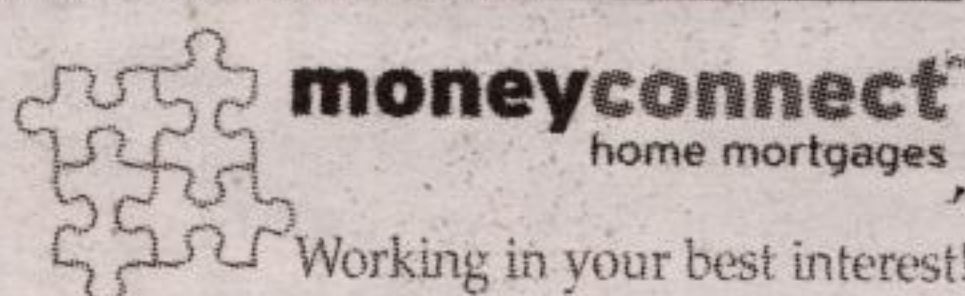
The flu vaccine protects people two weeks after getting the shot, and may protect them for up to a year. It is 70-90% effective in preventing the flu in healthy adults resulting in fewer visits to the doctor and less time lost to illness. In children, it is about 80-90% effective in preventing flu and about 60-70% effective in preventing illness with fever. In people over the age of 65, the vaccine can prevent pneumonia and hospitalization for 6 out of 10 people, and prevent death in 8 out of 10.

The vaccine, like any medicine, can cause side effects but the risk of causing serious harm is extremely small. Most people who get the vaccine have either no side effects, or mild side effects such as soreness, redness or swelling where the shot was given. Some people may get a fever or muscle aches which start shortly after getting the flu shot, and last about one to two days. Life-threatening allergic reactions are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.

Some people should not get a shot:

- Anyone who has had a severe allergic reaction to a flu shot in the past
- Anyone who is allergic to any part of the vaccine, such as neomycin, thimerosal, or gelatin
- Anyone with a severe allergy (anaphylaxis) to eggs that causes hives, throat and/or tongue swelling, difficulty breathing or shock
- Those with fever (the shot can be given at a later date)
- Anyone who developed Guillain-Barre Syndrome within six to eight weeks of a past flu shot.

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