

Healthy Living

Health Department urges shots after flu outbreak

An outbreak of influenza A has been confirmed in an elementary school in Oakville. Approximately 90 children and teachers at the school were absent last week due to illness.

"Influenza is a common infection in children. In fact, school-age children are usually the main channel through which influenza is introduced into households. The best way to prevent flu is to get a flu shot. Given influenza A is now circulating in Halton, it reinforces the importance of Halton residents getting immunized against influenza," said Dr. Bob Nosal, Halton's

Medical Officer of Health.

Health Department flu clinics run until December and are open to anyone over the age of six months. A clinic will be held on Wednesday, Dec. 4, 4-8 p.m. in Georgetown High School's small gym. Flu shots are free. More clinic locations are posted on the Health Department Web site at www.region.halton.on.ca/health.

Influenza, commonly called the flu, is a virus that is mainly spread through coughing and sneezing. People with the flu can spread the virus for three to five days after the onset of their symptoms. The illness usually lasts for five to 10

days, although the cough and weakness can last for up to several weeks. Influenza can lead to pneumonia, hospitalization, and even death especially among people over the age of 65.


The signs and symptoms include the following: fever, chills or sweating; headaches, generalized muscle aches and pain; cough and sore throat; nasal congestion; fatigue, weakness and loss of appetite.

For more information call the Health Department Flu Info Line at 905-825-6158 or 1-866-442-5866, www.region.halton.on.ca/health.



Pennies for Hope

Georgetown High School teacher Phil Peden's marketing class has been collecting pennies from students and staff since mid-November as part of their Pennies For Hope campaign, in which the proceeds go to the Cancer Assistance Services of Halton Hills (CAS-HH). Peden hopes to make it an annual event, and students will be in Georgetown Market Place, Dec. 7, setting up a table to collect shoppers' pennies. Among those students helping out are (from left) Katrina Neely, Jessica Moore, Jessica Yool and Justin Worby. Photo by Ted Brown



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