

Health Care

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Paul Murr tourney raises \$45,000

The 19th annual Paul Murr Memorial Golf Tournament raised \$45,000 for the Acton branch of the Canadian Cancer Society, and presented the cheque recently. To date, the annual tournament, held at Blue Springs Golf Course, has raised \$448,000 in its 19 years, and organizers are hopeful of raising \$52,000 next year to take it over the \$500,000 mark. On hand for the presentation were (from left) committee members Lyle Heller, Wade Vickery, John McNabb, Alan Hall, John Hoare, Jon Hurst, and Ron Heller, and in front, Canadian Cancer Society president Cathy Gerrow and campaign chair Liz Bailey. Committee member George McPhail was unable to be present.

Photo by Ted Brown


Avoid the flu— get your shot!

Autumn brings much beauty to us each year— fall colours, Halloween and, for some, unpleasant things such as influenza and colds.

The Halton Region Health Department can offer you an easy way to reduce the chances of experiencing at least one of these unpleasant fall events. For the fourth year in a row, the Health Department is running community clinics through Halton Region to offer free influenza (flu) shots to all residents over the age of six months. It is recommended that everyone over six months of age receive a flu shot every year. The flu shot you received last year will not protect you this year.

You cannot get the flu from getting a flu shot. Some people get a sore arm or suffer mild side effects from the shot, but severe reactions are very rare.

The flu is caused by a virus that attacks the lungs. It is not the same as what many refer to as the stomach flu, the gastrointestinal bug, which can cause nausea, vomiting and diarrhea. Influenza causes fever, headaches, general aches



Health Notes

and pains, fatigue and cough. It usually lasts five or 10 days, but the fatigue and cough may last for weeks longer.

Even children and young healthy adults need a flu shot every year. Flu shots are an effective way of preventing the flu in healthy people of all ages. In fact, the flu shot is 70-90 per cent effective in preventing the flu in healthy adults, and even more effective in children. Getting the flu shot helps to reduce sick time that can cause you to miss work, school and sports. It also helps to prevent the spread of the flu to those friends and family members who could suffer serious complications from the flu.

For those who have a chronic med-

ical condition such as heart or lung problems, and for those over the age of 65, getting an annual flu shot is even more important. Complications from the flu can make the consequences of the illness even more devastating for these individuals.

Flu shots for the general community are offered in various locations throughout Halton.

Halton Hills and Milton locations are:

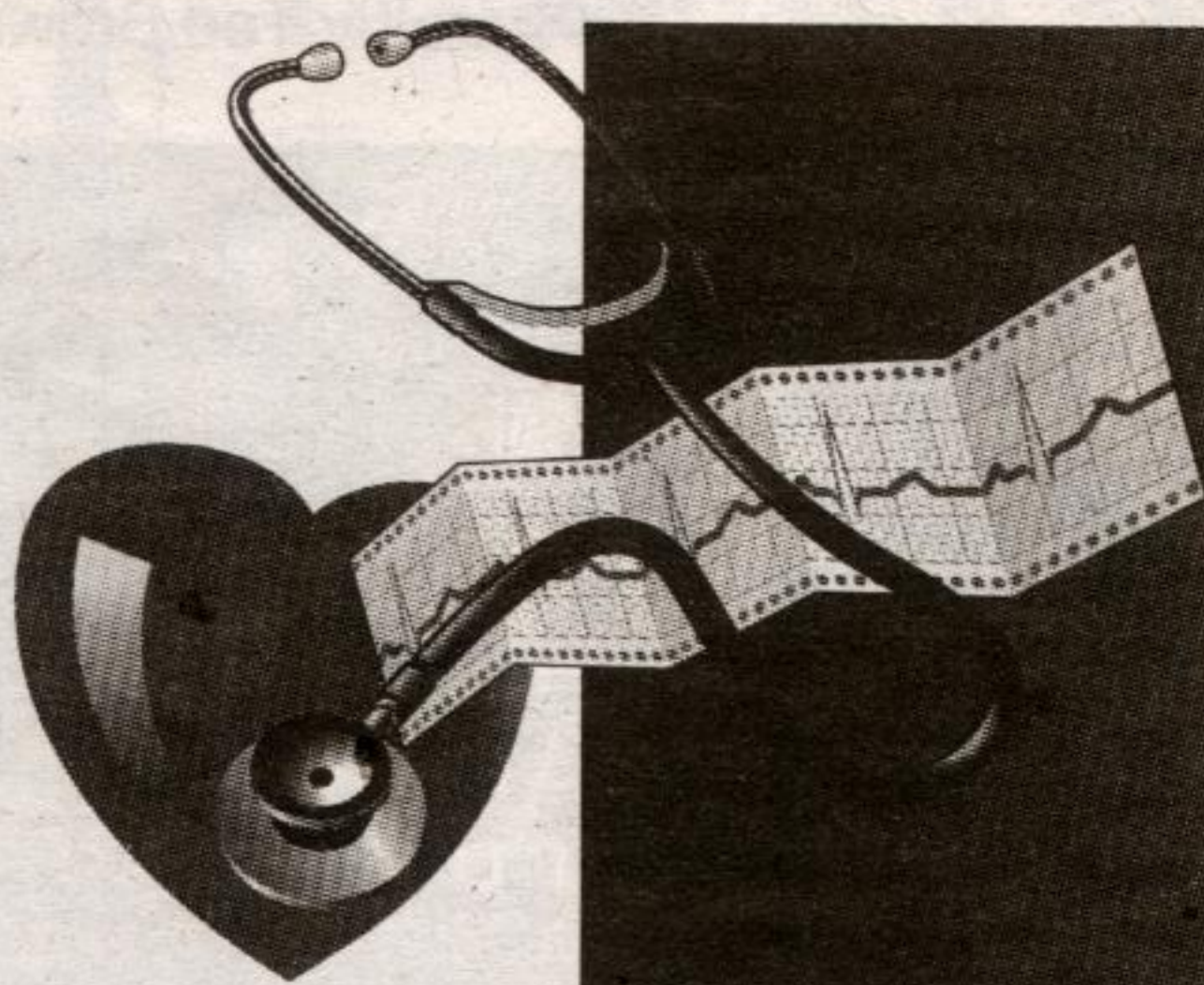
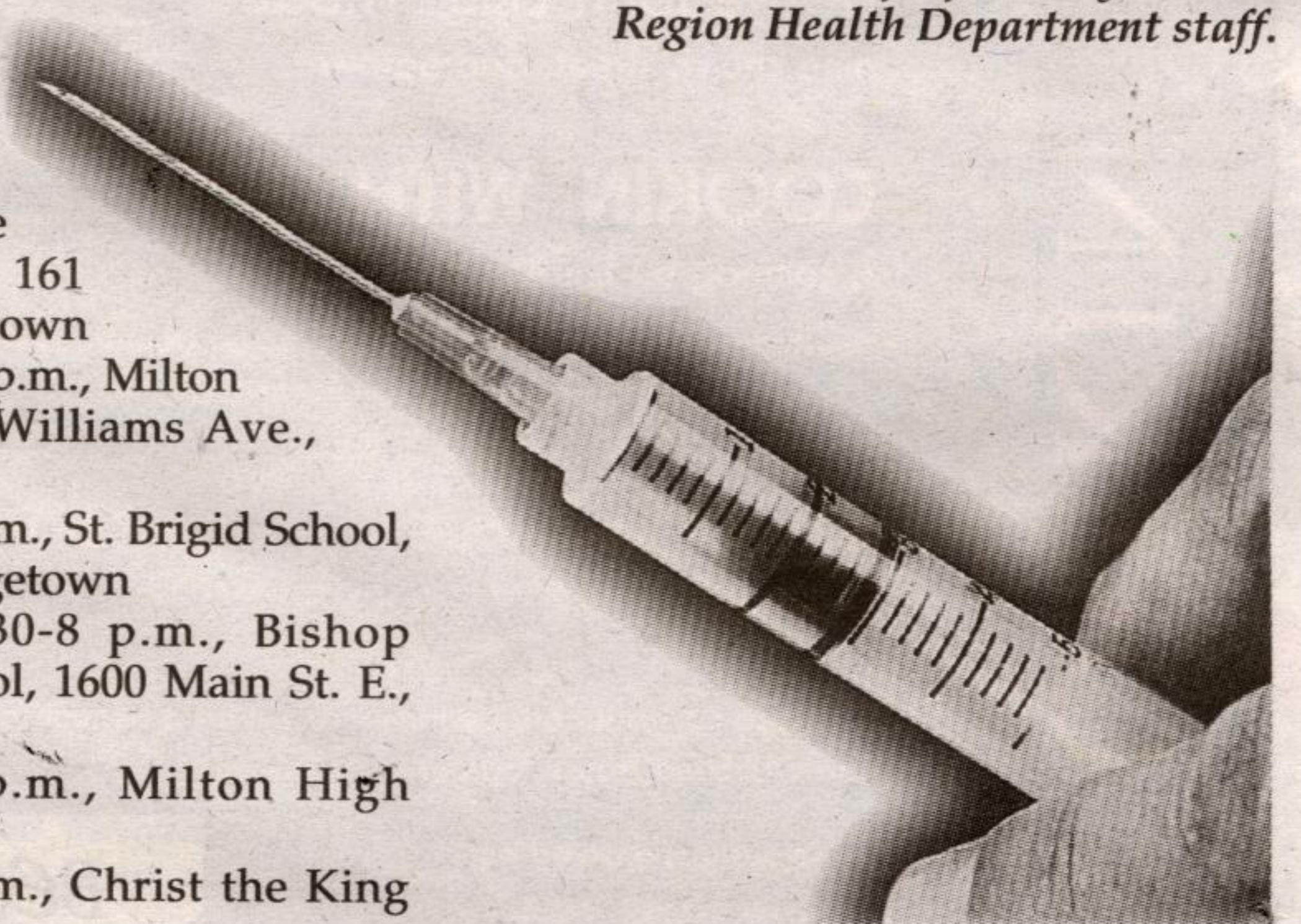
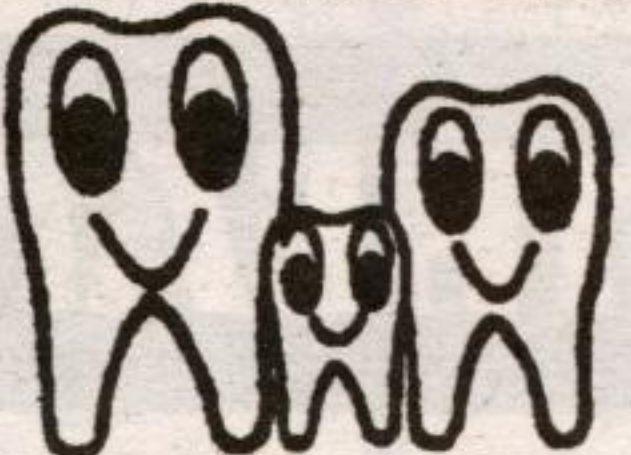
- Nov. 4, 3:30-8 p.m. Christ the King High School, 161 Guelph St., Georgetown
- Nov. 5, 3:30-8 p.m., Milton High School, 369 Williams Ave., Milton
- Nov. 12, 4-8 p.m., St. Brigid School, 73 Miller Dr., Georgetown
- Nov. 26, 3:30-8 p.m., Bishop Reding High School, 1600 Main St. E., Milton
- Dec. 9, 4-8 p.m., Milton High School
- Dec. 10, 4-8 p.m., Christ the King

High School

If you have a fever or do not feel well, postpone your shot to a later date. No appointments are necessary.

Clinic schedules are available on the Health Department Web site at www.region.halton.on.ca/health or by calling the Flu Info Line, 1-866-442-5866.

Health Notes is prepared by Halton Region Health Department staff.

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