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**DIPLOMA  
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Registered Nutritional Consulting Practitioner (IONC)**

**REGISTER NOW FOR MARCH DAY & EVENING CLASSES**

**Canadian School Of Natural Nutrition**  
1107 Lorne Park Road Suite 205, Mississauga  
(905) 891-0024 www.csnn.ca



**Help reduce the spread of flu**

Influenza (flu) is now in the Halton community.

Each year the influenza season typically lasts from November to April. It is not too late to receive your annual influenza immunization and to take precautions to help prevent the spread of illness. Last year, the number of influenza cases in our community was highest in late February and in early March. The last cases occurred in the first week of April.

Influenza is caused by a virus which affects the lungs and is characterized by the sudden onset of symptoms including high fever, headache, general aches and pains, fatigue and cough. Influenza can last for three to seven days, although the tiredness and cough can last for several weeks. For some people, influenza can lead to pneumonia, hospitalization and even death. Persons 65 years of age and older, pregnant women, children under the age of two, and persons of any age with certain underlying medical conditions such as heart or lung problems are at higher risk of these complications.

The influenza virus spreads when a person with influenza coughs or sneezes into the air. Small droplets containing the virus travel through the air for short distances and then fall onto surfaces nearby. You can get infected by breathing in these droplets or by the droplets falling directly on your eyes, nose or mouth. Also, you can infect yourself by touching the unwashed hands of a person with influenza, or a surface contaminated with the influenza virus, and then touching your eyes, nose or mouth. The virus can survive

for up to 48 hours on hard surfaces.

To help avoid getting sick and to reduce the spread of illness take the following precautions:

- Get an annual influenza immunization. It will reduce your risk of illness by 70 to 90 per cent. You cannot get influenza from the vaccine because it does not contain live virus.



**Health  
Notes**

- Vaccinate all family members who are six months of age or older. Children under nine years of age require two doses of vaccine given four weeks apart if they have never been immunized against influenza or have previously received only one dose of vaccine.

- Avoid people who are sick. Stay at home if you are not feeling well.

- Sneeze or cough into a tissue and throw it immediately into the garbage. If you do not have a tissue, use your sleeve.

- Wash your hands well and often with soap and water for at least 15 to 20 seconds. Use alcohol-based sanitizers if soap and water are not available.

- Avoid touching your eyes, nose or mouth. Germs are often carried on your hands.

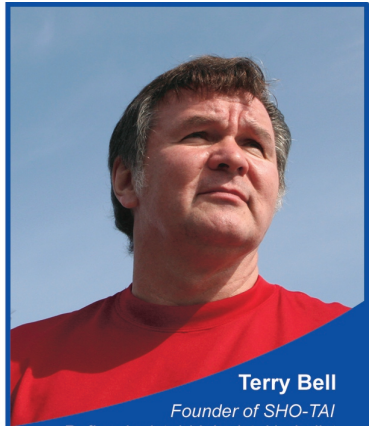
- Clean hard surfaces that are handled regularly.

It's not too late to get your influenza immunization. All persons six months of age and older, including children under nine years of age who require a second dose, are invited to attend a clinic offered by the Halton Region Health Department or to see their family doctors.

—Health Notes is prepared by staff of the Halton Region Health Department.

**Are you into good alternative health?**

**Discover SHO-TAI with Terry Bell**  
Time: 7:00pm - 9:00pm  
Date: Tuesday, February 26, 2008  
Location: North Halton Golf Club  
Admission is Free with RSVP before Feb 25.



**Terry Bell**  
Founder of SHO-TAI  
Reflexologist, Iridologist, Herbalist  
& Author of natural health books

Starting at 7pm there will be a SHO-TAI presentation and demonstration, as well as discussions on natural remedies and cures

There is limited seating at this FREE event!  
You must RSVP before February 25, 2008:

By Email: info@kanatan.com  
By Phone: 647-723-6464 ext. 7005

For more information please visit the website www.kanatan.com



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**THE PURCHASE OF SELECT HOME APPLIANCES.**

**WINTER Warm Up EVENT**

**SAVE UP TO 25%**

off the purchase price of select major home appliances\* from January 1 to January 31, 2008.

Ask your sales associate for your Scratch & Save card.

\*Savings apply only to the purchase of any new Jenn-Air®, KitchenAid®, Whirlpool®, Maytag®, Amana® or Inglis® major appliance. See Scratch & Save card or your sales associate for full rules and regulations. One card per customer while supplies last. Some restrictions apply.

This offer cannot be combined with any other Whirlpool Canada offer.

\*See store for details. While quantities last!

**MITCHELL'S Maytag Appliance Centre & Clearance Centre**  
Milton Crossroads Mall, James Snow Parkway & 401 (905) 864-1268

The Maytag Store  
Hwy 401 & Hwy 24  
Cambridge, ON (519) 658-9797

Mitchell's Maytag Appliance Showroom & Clearance Centre  
520 Ridell (Sobey's Plaza)  
Orangeville, ON (519) 940-3977

