

# Region holding free flu immunization clinics

The Halton Region Health Department will be offering free influenza (flu) immunization to all Halton residents six months of age and older beginning next week. Clinics will be held throughout Halton Hills at various schools and community centres.

Annual influenza immunization is recommended for everyone six months of age and older. Individuals of any age with certain medical problems or a chronic illness, young children, all pregnant women and seniors are considered high priority for influenza immunization as they are considered at high risk of flu-related complications. Flu immunization is also important for those who may spread the flu to this high-risk group and for those who provide essential community services.

"With a good match between the strains in the vaccine and those in circulation, the influenza vaccine is 70 to 90 percent effective in preventing the flu in healthy adults and may protect them for up to one year," said Dr. Bob

Nosal, Halton Region's Medical Officer of Health.

Clinics for the general public will be held in Halton Hills on:

- Wednesday, October 24, 1-7 p.m. at the Acton Arena & Community Centre, 415 Queen St.

- Monday, November 5, 3:30-8 p.m., at Christ the King Catholic High School, 161 Guelph St., Georgetown

- Monday, November 12, 4-8 p.m. at St. Brigid Catholic School, 73 Miller Dr., Georgetown.

- Wednesday, December 12, 4-8 p.m. at Christ the King Catholic High School, 161 Guelph St., Georgetown.

Clinics for especially for seniors and high priority individuals will be held on:

- Tuesday, October 23, 10 a.m. to 2 p.m. at the Georgetown Seniors Centre, 318 Guelph St., Georgetown.

- Wednesday, October 24, 1-7 p.m., at the Acton Seniors' Recreation Centre in the Acton Arena and Community Centre, 415 Queen St., Acton.

The complete clinic schedule,

which includes dates for Milton, Oakville and Burlington clinics, can be found by visiting [www.halton.ca/flu](http://www.halton.ca/flu).

As well, many local pharmacies are hosting free flu shot clinics.

Influenza (flu) is caused by a virus, which affects the lungs. It can spread easily from infected people by coughing and sneezing, or by touching contaminated surfaces such as toys, door-knobs, eating utensils and unwashed hands. The flu affects people of all ages including the young and healthy and usually lasts from five to 10 days. The flu can cause fever, headache, general aches and pains and fatigue and cough which can linger for several weeks.

Annual influenza immunization is recommended for everyone six months of age and older. Individuals of any age with certain medical problems or a chronic illness, young children, all pregnant women and seniors are considered high priority for influenza immunization as they are considered at high risk of flu-related complications.



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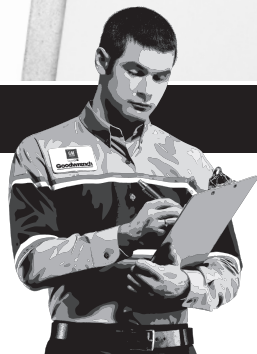
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