#### from NOT EVERYONE page 12 and elderly.

And it can cost in terms of decreased productivity and lost days at work.

But Ms Parant maintained the free vaccine carries a hidden cost.

"It's probably costing about \$45 per shot in health care dollars," she

People should increase their vitamin C intake and decrease their stress levels to keep the bug at bay, she added.

"People have been fighting off viruses forever," said Ms Parant. "People should really be asking

questions for being sure it's for them before their doctor pokes them in the arm."

She also questioned the safety of the shots, citing the unknown effect of preservatives such as mercury found in the vaccine.

"We have to really think about what we start," said Ms Parant.

"It could have a cumulative

### Mercury dose minimal

But Ms Blake said the dose of mercury found in the yearly shots is less than the daily permitted con-

According to the Ministry of Health and Long Term Care, the average tolerable daily mercury intake for a 60 kg woman is 42.6 micrograms per day.

An adult male of 70 kg can safely consume about 49.7 micrograms per day.

A flu shot contains 25 micrograms of mercury.

Though the vaccine is free, it isn't mandatory.

And that means there's a choice to be made, said Ms Parant.

"We take more time choosing a pair of shoes than we do this medication," she said.

# Several local schools hosting free flu shot clinics for public

Flu shots make good sense to businesses.

And in an effort to keep sick days to a minimum, employers have been thinking about bringing the new Universal Influenza Immunization Program (free flu shots) to the workplace.

businesses have really picked up in the past few weeks," said Ann O'Hara of ParaMed Home Health

"There's a lot of interest in workplace flu shot clinics." And several local schools have agreed to hold free, no appointment necessary public flu shot

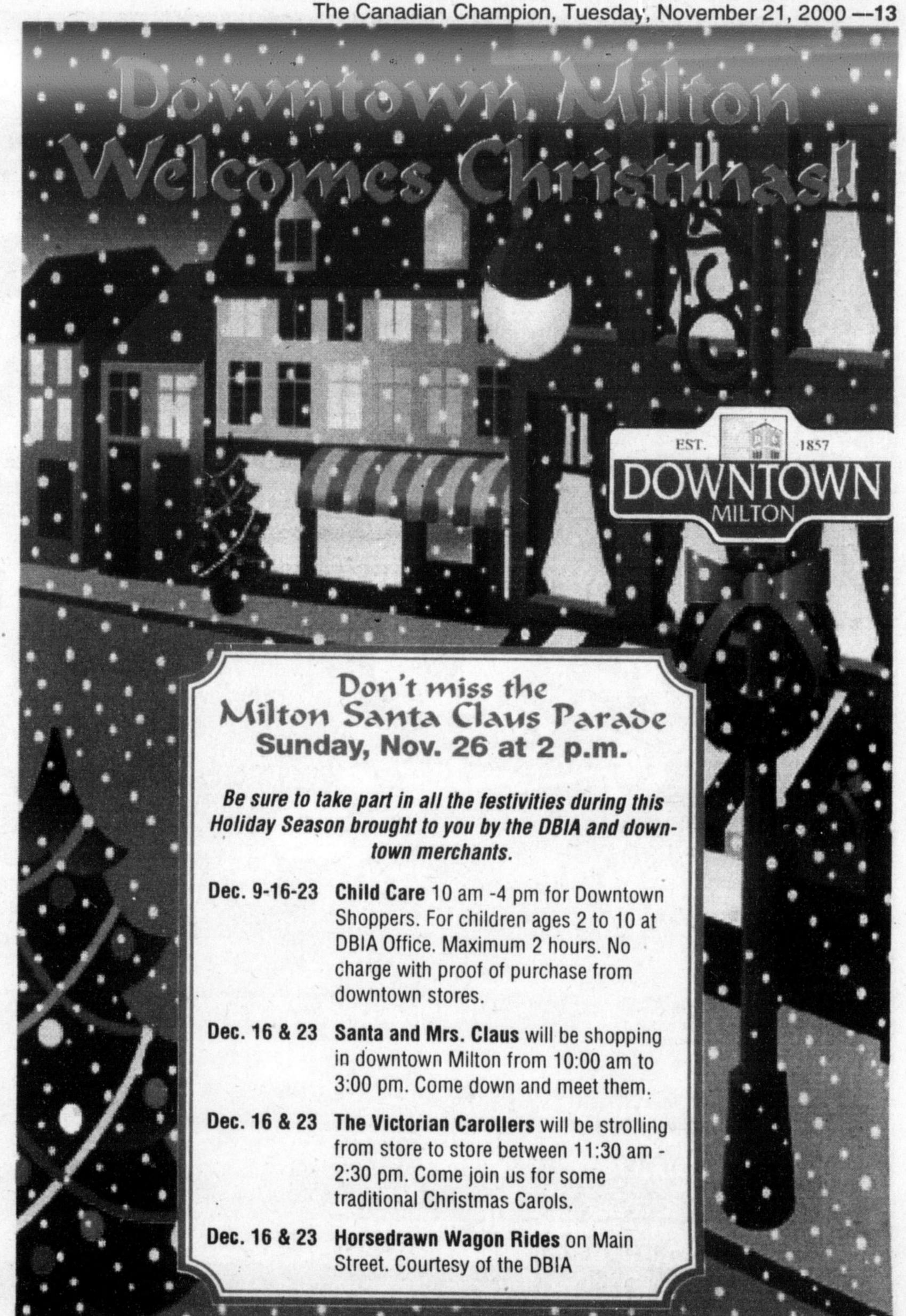
Yesterday a clinic took place in "The number of calls from the Milton District High School cafeteria.

And Bishop Reding Secondary School, 1600 Main St., will hold 825-6158.

a clinic Tuesday, Dec. 5 from 4:30 to 8 p.m. in its cafeteria.

And Brookville School, 1325 Guelph Line, in Campbellville will hold a clinic in its gymnasium from 4 to 8 p.m. Wednesday,

For more information, call the Halton Region Health Department Flu Line at (905)





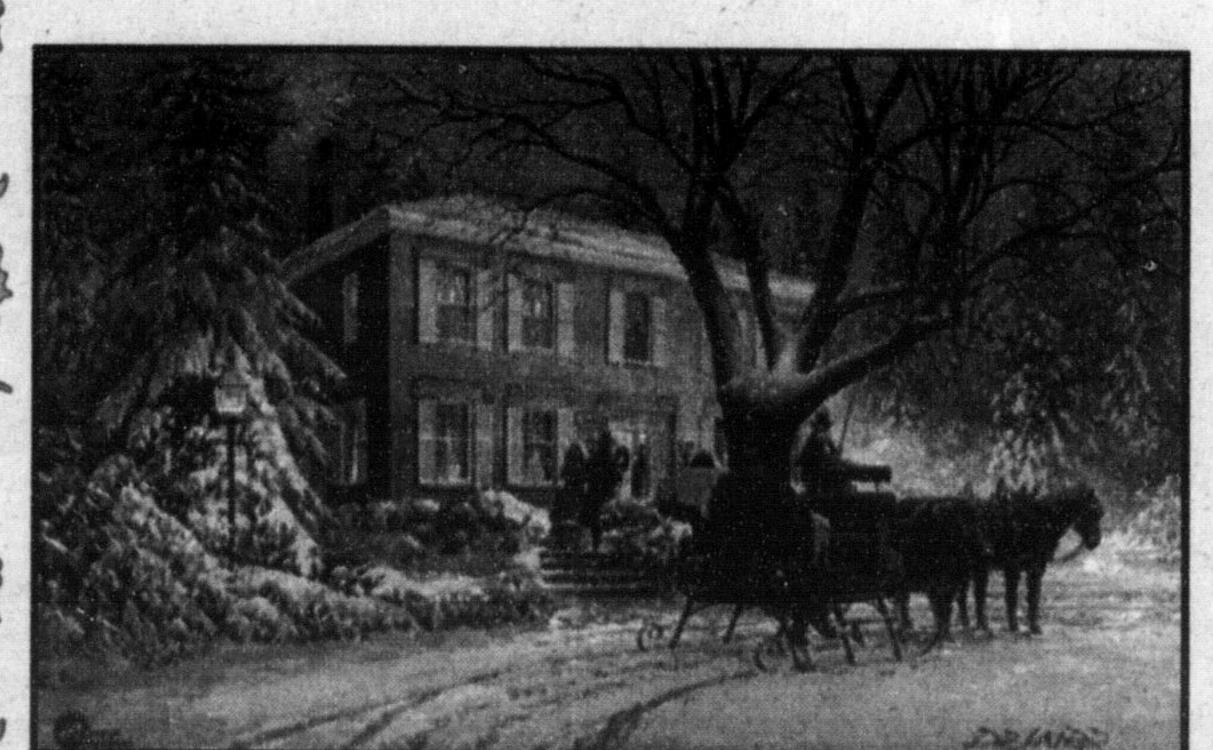
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