

# Evidence shows flu shots right: health department

• 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 said.

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 effect."

### Mercury dose minimal

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

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.

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

Care.

"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 clinics.

Yesterday a clinic took place in the Milton District High School cafeteria.

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

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, Dec. 20.

For more information, call the Halton Region Health Department Flu Line at (905) 825-6158.

**Downtown Milton Welcomes Christmas!**

EST. 1857  
**DOWNTOWN MILTON**

**Don't miss the Milton Santa Claus Parade Sunday, Nov. 26 at 2 p.m.**

*Be sure to take part in all the festivities during this Holiday Season brought to you by the DBIA and downtown merchants.*

**Dec. 9-16-23 Child Care** 10 am - 4 pm for Downtown Shoppers. For children ages 2 to 10 at DBIA Office. Maximum 2 hours. No charge with proof of purchase from downtown stores.

**Dec. 16 & 23 Santa and Mrs. Claus** will be shopping in downtown Milton from 10:00 am to 3:00 pm. Come down and meet them.

**Dec. 16 & 23 The Victorian Carollers** will be strolling from store to store between 11:30 am - 2:30 pm. Come join us for some traditional Christmas Carols.

**Dec. 16 & 23 Horsedrawn Wagon Rides** on Main Street. Courtesy of the DBIA

## Meet The Artist

at the  
**Harrop Gallery**  
345 Steeles Ave.  
Milton 878-8161

*Meet*  
**Doug Laird**  
*in person*

**Friday, Nov. 24<sup>th</sup> 7-9 p.m.**  
**Saturday, Nov. 25<sup>th</sup> 1-4 p.m.**

*Have your print personalized in gold leaf by Doug... ideal for gift giving*

*"The Rivalry" \$55<sup>00</sup> unframed*

*"An Evening Stroll" \$160<sup>00</sup> unframed*

*"Saturday Night" \$140<sup>00</sup> unframed*

*An excellent selection of limited edition prints will be available*

*"Winter Welcome" \$95<sup>00</sup> unframed*

*"Saturday Night" \$140<sup>00</sup> unframed*