



## Flu shot recommended by health department

The flu has arrived in Halton and the health department is recommending residents take advantage of the free flu shot program.

"Influenza is a common infection in children. In fact, school-age children are usually the main channel through which influenza is introduced into households," said Dr. Bob Nosal, Halton's medical officer of health.

"The best way to prevent the flu is to get a flu shot.

"Given influenza A is now circulating in Halton, it reinforces the importance of Halton residents getting immunized

against influenza."

Last week, influenza A was confirmed at an Oakville school. Approximately 90 teachers and students were absent due to illness.

Free flu shot clinics are being held across the region. One will be held at Milton District High School December 11, from 4 p.m. to 8 p.m.

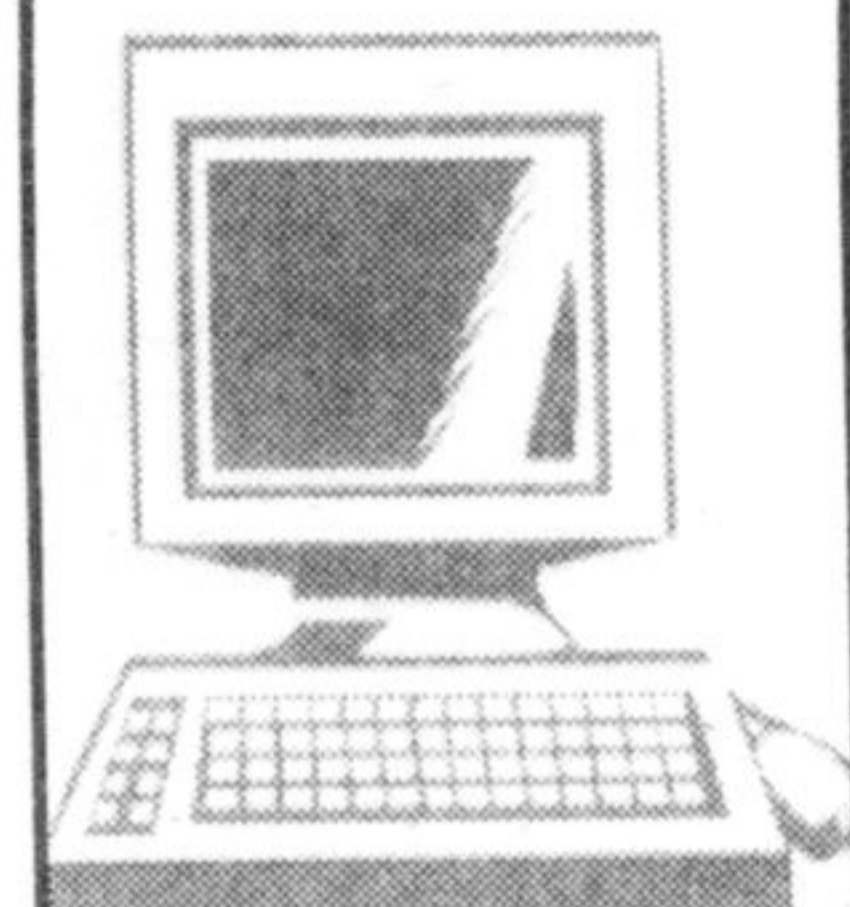
For more information on the flu shot program or clinics, call Halton Region at (905) 825-6000 or visit the health department Web site at [www.region.halton.on.ca/health](http://www.region.halton.on.ca/health).

## Getting into character for the big show

Milton District High School students (from left) Rebecca Collins, Elliot Shermet and Alysha Kobow have some fun rehearsing for this week's performance of the Twelfth Night. Rebecca plays Viola, Elliot portrays Sir Toby and Alysha will take on the role of Olivia. Milton District High School will put on the play Thursday through Saturday at the school. For play times and ticket information, call (905) 878-2839.

Photo by GRAHAM PAINE

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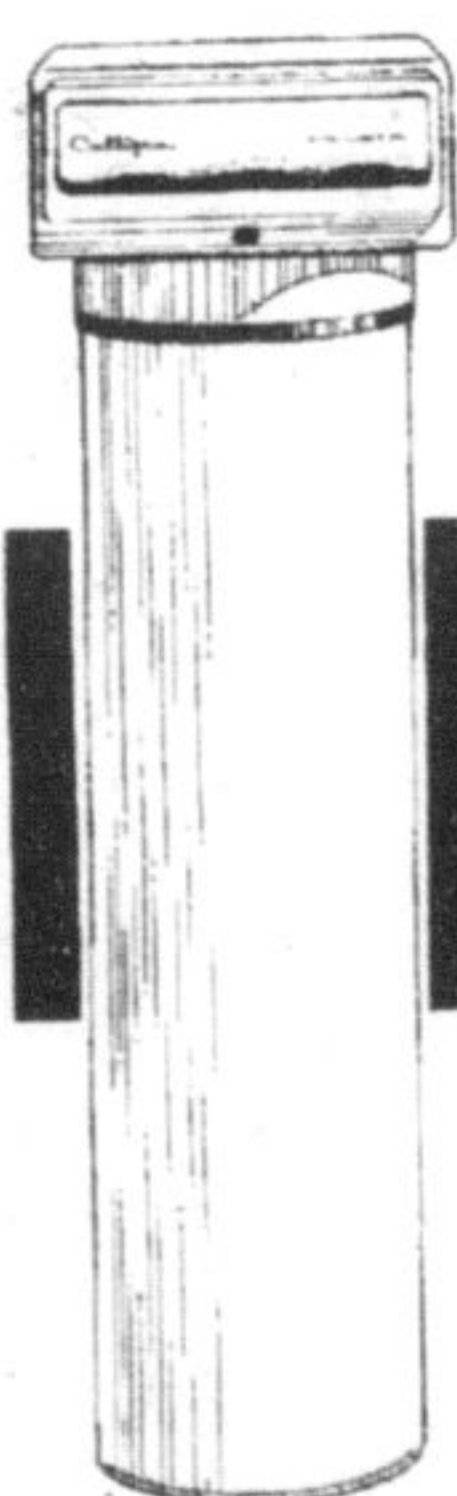
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