

will work.

There could be an outbreak of flu in Ontario this winter. So your Province is recommending vaccination against both swine flu and Victoria flu for people age 65 and older, and people age 20 and older who have certain chronic illnesses such as diabetes, heart, lung or kidney disease. We plan to vaccinate them with one inoculation before the diseases strike — if they strike. There is no charge.

We are also offering no-cost swine flu vaccination to other people age 20 and older who *want* to be vaccinated.

But no one will be required to accept vaccination — it is a personal and voluntary decision.

What these flus are

Both flus are caused by contagious viruses that spread directly from one person to another, just like the common cold. (Swine flu is not caused by eating pork.)

Swine flu is suspected of being similar to the 1918-19 flu which was responsible for the deaths of 20 million people world-wide, including 45,000 Canadians. Victoria flu was responsible for many deaths and illnesses as recently as last winter.

Symptoms

The symptoms are usually fever, muscle aches, headaches, chills and coughing. It takes one to three days from the time the virus gets into your system until you start feeling ill. The flu lasts two to seven days. With severe infections, flu can kill. Swine flu can kill within 24 hours.

Ontario's no-cost vaccination program

To ward off these two flus, Ontario's 44 local Medical Officers of Health will administer a province-wide vaccination program. Dates, places and times of clinics in your area will be announced.

Many of Ontario's 2,200 public health nurses will carry out the actual vaccinations. Some family physicians will be vaccinating their own chronically-ill patients. Your Ontario Government pays all costs.

Vaccinations will be given with traditional needles or with fast painless air spray injectors that shoot a light spray of

vaccine through the skin of the arm. The injector can vaccinate 1,000 people an hour, and it has been used safely for many years. Flu vaccination does not leave a scar.

Possible side effects for those who should be vaccinated

Most people will have no side effects from this vaccination. Serious side effects are rare, but they can occur — as with any vaccination. Minor side effects can include a sore arm, headache, fever and muscle aches, lasting one or two days. If these minor symptoms persist, contact your doctor. Protection through vaccination starts in about three weeks and will probably last a year or more.

Who should NOT be vaccinated

If you are allergic to chicken eggs, chicken or chicken feathers, don't be vaccinated at all, because the vaccine is made from chicken eggs and can cause a severe reaction. If you have fever, acute respiratory or other active infections, don't be vaccinated while you are ill. No one should be vaccinated for swine flu within 14 days before or after any other vaccination.

Flu vaccine will protect 80 to 90 per cent of those vaccinated — but there is no drug or antibiotic to cure flu, so vaccination is desirable.

For further information about the flu vaccination program, contact your local public health unit.

Ministry of Health
Frank Miller,
Minister



William Davis,
Premier

Province of Ontario