

Available at clinics in Markham and Stouffville

# Free flu shots will save those at risk: hospital

BY HANNELORE VOLPE  
Staff Writer

Residents in Markham and Whitchurch-Stouffville will have several chances to get their free flu shots during the next couple of weeks.

This is the first year that the provin-

cial government has initiated free-of-charge vaccinations for all Ontario residents. In previous years, only the elderly and those with chronic illnesses didn't have to pay for the shots. The vaccine has been shown to prevent illness in approximately 70 per cent of healthy

children and adults.

The Stouffville flu vaccination clinics, in the town council chambers on the 4th floor at 37 Sandford Dr., are co-sponsored by the Department of Family Practice at Markham Stouffville Hospital and the York Region Health Services. They will be open between 5:30 and 8:30 p.m. from Monday, Nov. 20 through Thursday, Nov. 23 and Mon., Nov. 27 until Thursday, Nov. 30. Residents will need to bring their Ontario health cards.

Markham residents can get their shots from Monday, Nov. 20 to Thursday, Nov. 23, and Monday, Nov. 27 to Thursday, Nov. 30 at Markham Family Physicians on 377 Church Street, at the Markham Medical Centre at 6633 Hwy. 7 East and the Markham Town Square Health Centre at 8601 Warden Ave. in Unionville. Clinic times are 5:30 to 8:30 p.m.

On Saturday, Nov. 25 and Dec. 2, from 9 to 12 noon, the free clinics will be conducted at the Milliken Mills Community Centre located at 7600 Kennedy Road.

Clinics continue at Markville Mall, at Hwy. 7 and McCowan Ave., on Sunday, Nov. 26 and Dec. 3 from 1:30 to 4:30 p.m.

"If we can immunize everybody, chances of us passing it to high-risk

individuals will lessen," said Pam Brodie, spokesperson for the Markham Stouffville Hospital.

Flu symptoms include a stuffy nose, sore throat, cough, high fever, chills, headache and muscle ache. The flu can lead to other serious illnesses and even death among older adults and people with heart or lung problems.

Side effects of the flu vaccine are mild, according to the York Region Health Services, and may include soreness in your arm where the shot was given. The risk of a vaccine causing serious harm is extremely small.

Children six months of age and younger, those with allergies to eggs and neomycin, and those with a serious infection, illness or fever should not take the vaccines.

Markham Stouffville Hospital conducted clinics in Whitchurch-Stouffville and Markham throughout October for high risk individuals, and has had a very positive response to their clinics at Markville Mall.

Noting that this is a pilot project, "We will see how many residents we can immunize across the Markham and Stouffville area," Ms. Brodie said.

The program will then be assessed for effectiveness, and run again next year.



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Presents 主辦

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時間: 12:00-4:00 p.m.  
地點: MSH Auditorium and Main Lobby 萬錦多福醫院演講廳及醫院大堂  
381 Church Street, Markham (Hwy. 7 and 9th Line)

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Markham Chinese Cultural Centre of FCMC 萬錦市加華聯會文化中心  
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Dr. Ho Yin Lou 劉浩然醫生  
1:30 Diabetes 糖尿病知多少  
Dr. John Chan 陳耀祖醫生  
2:30 Heart Health 預防心臟病  
Dr. Keith Kwok 郭冠良醫生  
3:30 Beta-thalassemia 什麼是天性(地中海)貧血症  
Dr. David Chui 崔慶柱醫生

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